

# YAHYA ABDUL-MATEEN II

## WORKOUT ROUTINE



**BONUS PDF FILE**

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# YAHYA ABDUL MATEEN II

## WORKOUT ROUTINE

### **Training Volume:**

5+ days per week

### **Explanation:**

Yahya Abdul-Mateen II mentions 5 days of training AND fight training. So be prepared to workout a ton for this one. I'll be giving you 5 days in the gym, and then I'll also be sharing mixed martial arts programs from Coach Derek.

## **Yahya Abdul-Mateen II Workout Routine Day One: Chest**

### **Warm Up:**

Stretch

15-30 min varied cardio

### **Workout:**

Bench Press

5×5

Chest Flys

3×10

Incline Dumbbell Press

3×10

Hex Press

3×10

Dips

3×15

Decline Hammer Strength

3×10

**Circuit Finisher:**

3 Rounds for Time

30 second Battle Ropes

25 Push Ups

15 Box Jumps

5 Double Unders

# Yahya Abdul-Mateen II Workout Routine Day Two: Legs

## Warm Up:

Stretch

15-30 min varied cardio

## Workout:

Back Squat

5×5

Hamstring Curls

3×10

Leg Extension (Quads)

3×10

Leg Press

3×10

Weighted Step Ups

3×10

Glute Bridges

3×10

**Circuit Finisher:**

3 Rounds for Time

50 Jump Ropes

25 Mountain Climbers

10 Goblet Squats

# Yahya Abdul-Mateen II Workout Routine Day Three: Shoulders

**Warm Up:**

Stretch

15-30 min varied cardio

**Workout:**

Military Press

5×5

DB Front Raises

3×10

Rear Delt Raises

3×10

Upright Rows

3×10

Face Pulls

3×10

Shrugs (BB or DB)

3×10

**Circuit Finisher:**

3 Rounds for Time

20 Kettlebell Swings

15 Push Ups

10 One Arm DB Snatches (5 each arm)

# **Yahya Abdul-Mateen II Workout Routine Day Four: Back**

## **Warm Up:**

Stretch

15-30 min varied cardio

## **Workout:**

Deadlift

5×5

Lateral Pulldown

3×10

Cable Rows

3×10

Straight Arm Pulldown (Cable)

3×10

Chin Ups

3×10

Shrugs (DB or BB)

3×10



**Circuit Finisher:**

3 Rounds for Time

30 second Battle Ropes

10 Plank to Push Ups

5 Inch Worms

# **Yahya Abdul-Mateen II Workout Routine Day Five: Arms**

**Warm Up:**

Stretch

15-30 min varied cardio

**Workout:**

Preacher Curls

5×5

Tricep Cable Pushdowns

3×10

DB Hammer Curls

3×10

Skull Crushers

3×10

Seated Concentration Curls

3×10

Close Grip Bench

3×10

**Circuit Finisher:**

3 Rounds for Time

10 Straight Leg Deadlift

5 Goblet Quats

10 Push Ups

5 Chin Ups

# Yahya Abdul-Mateen II Fight Training Workout Routine

You're in luck in this department.

Coach Derek has multiple programs that you can utilize for mixed martial arts and circuit training. So on this training day, you're going to head over to one of those!

Check out programs on the site from Coach Derek here: [Moon Knight](#), [Deathstroke](#), [Daredevil](#).

For some Thai Boxing fun check out [Anna Diop's](#) routine.

The [Parkour Workout](#) (Nightrunner) designed by [Academy](#) member Felix.

*\*\*And the Daredevil workout also has some beginner Parkour as well.\*\**