

# DOLPH LUNDGREN

## WORKOUT ROUTINE



**BONUS PDF FILE**

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 **SUPERHERO**  **JACKED** 

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# Dolph Lundgren Workout Routine

## Training Volume:

4+ days per week

## Explanation:

You don't have to do two-a-day training unless you really want to step it up a notch. We're going to do a 4-6 day and you're going to DEFINITELY add in the MMA training on your full-body days.

**Do your 4 day lifting split regardless, and add in calisthenics and MMA on top if you can.**

Lundgren says he was training 2 hours a day on his bodybuilding style regime, so plan to be at a high volume.

*There are 7 days listed, but make sure to use of of the full-body/ MMA days as an off day in between your training regime.*

## Day One: Chest and Triceps

Warm Up:

Stretch

## **Workout:**

Bench Press

4x12

Incline Dumbbell Bench Press

4x12

Cable Chest Flys

4x12

Hex Press

4x12

Decline Hammer Press

4x12

Tricep Overhead Extension (Cable or DB)

4x12

Tricep Kickbacks (Cable or DB)

4x12

Skull Crushers

4x12

Dips

4xFailure

## **Day Two: Full Body Calisthenics and MMA**

**Warm Up:**

Stretch

**Workout:**

4x25 Push Ups

4x20 Air Squats

4x15 Dips

4x10 Pull Ups

4x5 Lunges (each leg)

## **MMA:**

Thankfully for us, we have Coach Derek to program us MMA.

Check out MMA 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 also has bodyweight programming attached to it you should be utilizing on this day.

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

# **Day Three: Back and Biceps**

## **Warm Up:**

Stretch

## **Workout:**

Deadlift

4x12

T-Bar Rows

4x12

Lateral Pulldowns

4x12

Cable Rows

4x12

Face Pulls

4x12

Dumbbell Bicep Curls

4x12

Hammer Curls (DB or Cable)

4x12

Preacher Curls

4x12

Chin Ups

4xFailure

# Day Four: Full Body Calisthenics and MMA

**Warm Up:**

Stretch

**Workout:**

4x25 Push Ups

4x20 Air Squats

4x15 Dips

4x10 Pull Ups

4x5 Lunges (each leg)

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## Day Five: Lower Body

### Warm Up:

Stretch

### Workout:

Squats

4x12

Leg Press

4x12

Seated Calf Raises

4x12

Seated Leg Extension (Quads)

4x12

Lying Hamstring Curls

4x12

Weighted Lunges

4x12

Hack Squat

4x12

Cable Pull-throughs

4x12

Standing [Weighted] Calf Raises

4xFailure

## **Day Six: Full Body Calisthenics and MMA**

**Warm Up:**

Stretch

**Workout:**

4x25 Push Ups

4x20 Air Squats

4x15 Dips

4x10 Pull Ups

4x5 Lunges (each leg)

**MMA:**

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# Day Seven: Shoulders and Traps

**Warm Up:**

Stretch

**Workout:**

Military Press

4×12

Barbell Shrugs

4×12

Lateral Raises (DB or Cable)

4×12

Arnold Press

4×12

One Arm DB Snatch

4×12 (combined)

Kettlebell Swings

4x12

Upright Rows

4x12

Dumbbell or Hammer Shrugs

4x12

Push Ups

4xFailure