

BAKI

WORKOUT ROUTINE



Bonus PDF File
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The information provided in this book is based upon my experiences as well as my interpretations of the current research available.

The advice and tips given in this course are meant for healthy adults only. You should consult your physician to insure the tips given in this course are appropriate for your individual circumstances.

If you have any health issues or pre-existing conditions, please consult with your physician before implementing any of the information provided in this course.

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BAKI WORKOUT ROUTINE

Training Volume:

6 days a week, two times a day

Explanation:

If you read about Baki's training he literally takes it to a near death limit. That's how hard he trains and that's how focused he gets. Well, we don't have to do that, and we can still be smart about our recovery, but we also need to fit in weight lifting, calisthenics and a ton of martial arts. Get ready for a lot of volume.

Baki Workout Day One:

Morning Session: Weights and Calisthenics

Warm Up:

Stretch

HIIT Training w/ Sprints for 20 min

Workout:

Bench Press

5×5

Tricep Pushdowns

4×12

Incline Bench

4×12

Close Grip Bench

4×12

Calisthenics:

Push Ups

4×25

Sit Ups

4×20

Dips

4×15

Box Jumps

4×12

Pull Ups

4×10

Afternoon Session: Mixed Martial Arts

Choose a mixed martial arts program below:

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.

Baki Workout Day Two:

Morning Session: Weights and Calisthenics

Warm Up:

Stretch

HIIT Training w/ Sprints for 20 min

Workout:

Squats

5×5

Hamstring Curls

4×12

Leg Press

4×12

Leg Extension (Quad)

4×12

Calisthenics:

Push Ups

4×25

Sit Ups

4×20

Dips

4×15

Box Jumps

4×12

Pull Ups

4×10

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Baki Workout Day Three:

Morning Session: Weights and Calisthenics

Warm Up:

Stretch

HIIT Training w/ Sprints for 20 min

Workout:

Power Cleans

5×5

Weighted Lunges

4×12

Cable Crunches

4×12

Hanging Leg Raises

4×12

Planks

3×60 seconds

Calisthenics:

Push Ups

4×25

Sit Ups

4×20

Dips

4×15

Box Jumps

4×12

Pull Ups

4×10

Afternoon Session: Mixed Martial Arts

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Baki Workout Day Four:

Morning Session: Weights and Calisthenics

Warm Up:

Stretch

HIIT Training w/ Sprints for 20 min

Workout:

Deadlift

5×5

Bent Over Rows

4×12

Lateral Pulldowns

4×12

Cable or Dumbbell Rows

4×12

Calisthenics:

Push Ups

4×25

Sit Ups

4×20

Dips

4×15

Box Jumps

4×12

Pull Ups

4×10

Afternoon Session: Mixed Martial Arts

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Baki Workout Day Five:

Morning Session: Weights and Calisthenics

Warm Up:

Stretch

HIIT Training w/ Sprints for 20 min

Workout:

Military Press

5×5

Lateral Raises

4×12

Dumbbell Front Raises

4×12

Shrugs

4×12

Calisthenics:

Push Ups

4×25

Sit Ups

4×20

Dips

4×15

Box Jumps

4×12

Pull Ups

4×10

Afternoon Session: Mixed Martial Arts

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Baki Workout Day Six:

Morning Session: Weights and Calisthenics

Warm Up:

Stretch

HIIT Training w/ Sprints for 20 min

Workout:

Barbell Snatches

5×5

Front Squats

4×12

Cable Crunches

4×12

Hanging Leg Raises

4×12

Planks

3×60 seconds

Calisthenics:

Push Ups

4×25

Sit Ups

4×20

Dips

4×15

Box Jumps

4×12

Pull Ups

4×10

Afternoon Session: Mixed Martial Arts

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