

CODY CHRISTIAN 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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CODY CHRISTIAN WORKOUT ROUTINE

Training Volume:

5+ days per week

Explanation:

It's likely Christian follows a 5 day training regime, and then is active on top of that. I'll add in an activity day on top of the 5 day programming below.

Day One: Chest

Warm Up:

Stretch

10 min incline walk

Workout:

Bench Press

4×12

Chest Flys

4×12

Incline Press (BB or DB)

4×12

Cable Press

4×12

Dips

4×15

Day Two: Arms

Warm Up:

Stretch

10 min incline walk

Workout:

Preacher Curls

4×12

Skull Crushers

4×12

Dumbbell Hammer Curls

4×12

Tricep Overhead Extensions

4×12

Push Ups

4×20

Day Three: Back

Warm Up:

Stretch

10 min incline walk

Workout:

Deadlift

4×12

Lateral Pulldowns

4×12

DB Rows

4×12

Back Extensions

4×12

Chin Ups

4×10

Day Four: Shoulders

Warm Up:

Stretch

10 min incline walk

Workout:

Military Press

4×12

DB Front Raises

4×12

Lateral Raises

4×12

Shrugs

4×12

Light Arnold Press

4×12

Day Five: Legs

Warm Up:

Stretch

10 min incline walk

Workout:

Hack Squat

4×12

Leg Extension

4×12

Calf Raises

4×12

Hamstring Curls

4×12

Weighted Lunges

4×10 each leg

Day Six: Activity Day

Feel free to add in some form of agility and football styled training.

We also utilize this for some mixed martial arts and parkour, usually.

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.