

JIREN

WORKOUT ROUTINE



Bonus PDF File
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JIREN WORKOUT ROUTINE

Training Volume:

7 days per week

Explanation:

Of course you need to allow your muscle to recover with some off-days, but in this case they're going to be active off days consisting of endurance and fight training. This will take place 3 days a week. The rest of the days will be muscle building and bodyweight strengthening.

Day One: Chest and Triceps

Warm Up:

Stretch

15 min jog

Workout:

Barbell Bench Press

5×5

Close Grip Bench Press

4×12

Incline Dumbbell Bench Press

4×12

Seated Dumbbell Overhead Extension

4×12

Dumbbell Chest Flys

4×12

Cable Pushdowns

4×12

Bodyweight:

Dips

4×15

Triangle Pushups

4×20

**Day Two: Mixed Martial Arts, Cardio and
Parkour**

Warm Up:

3.1 mile run

Workout:

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.

Day Three: Shoulders and Traps

Warm Up:

Stretch

15 min jog

Workout:

Standing Barbell Military Press

5×5

Barbell Shrugs

4×12

Seated DB Shoulder Front Raises

4×12

Seated DB Lateral Raises

4×12

Clean and Press

4×12

Kettlebell Swings

4×12

Bodyweight:

Push Ups

4×25

Handstand Push Ups

4×10

Day Four: Mixed Martial Arts, Cardio and Parkour

Warm Up:

3.1 mile run

Workout:

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.

Day Five: Back and Biceps

Warm Up:

Stretch

15 min jog

Workout:

Deadlift

5×5

Preacher Curls

4×12

Bent Over Rows (Barbell or DB)

4×12

Lateral Pulldowns

4×12

Hammer Curls (DB or Cable)

4×12

Back Extension

4×12

Bodyweight:

Chin Ups

4×10

Wide Grip Pull Ups

4×5

Day Six: Mixed Martial Arts, Cardio and Parkour

Warm Up:

3.1 mile run

Workout:

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.

Day Seven: Legs

Warm Up:

Stretch

15 min jog

Workout:

Barbell Squats

5×5

Leg Extension

4×12

Calf Raises

4×12

Hamstring Curls

4×12

Cable Pull throughs

4×12

Glute Bridges w/ Barbell

4×12

Bodyweight:

Lunges

4×20

Jump Squats

4×10