

# KEFLA

# WORKOUT ROUTINE



Bonus PDF File  
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# KEFLA WORKOUT ROUTINE

## Training Volume:

7 days per week

## Explanation:

Like I said with Jiren's routine (as this was made for the both of them), we're not messing around. We're going to utilize active off days for muscle recovery consisting of running and mixed martial arts, but that is it. We'll need to dig deep for some saiyen recovery or senzu beans for this one.

## 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