

# MARK STRONG WORKOUT ROUTINE



Bonus PDF File  
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# MARK STRONG WORKOUT ROUTINE

*Training Volume:*

*5+ days per week*

*Explanation:*

*I'm going to give you an upper body focused day, a lower body focused day and a full body day. These are split however you'd like them 3 days a week. The other days will be driven by the mixed martial arts program over your choice.*

## ***Mark Strong Workout: Upper Body Focus***

*Warm Up:*

*Stretch*

*Jog 10 minutes*

*Workout:*

*Bench Press w/ Chain*

*4×10*

*Medicine Ball Push Ups (one arm on one arm off)*

*4×15*

*Barbell Curls*

**4×12**

***Sled Pushes***

**3×50 yards**

***Battle Ropes***

**3×30 seconds**

**Core:**

***Planks***

**3×60 seconds**

***Hanging Leg Raises***

**3×12**

***Cable Crunches***

**3×12**

## ***Mark Strong Workout: Lower Body Focus***

***Warm Up:***

***Stretch***

***Jog 10 minutes***

***Workout:***

***Landmine Squats***

**4×10**

***Box Jumps***

**4×12**

***Tire Flips***

**4×12**

***Weighted Lunges off Bench***

**3×12 each leg**

***Light Medicine Ball Squats while Balanced on Bosu***

**3×10**

**Core:**

***Planks***

**3×60 seconds**

***Lying Leg Raises***

**3×12**

***Sit Ups***

**3×12**

## ***Mark Strong Workout: Full Body Focus***

***Warm Up:***

***Stretch***

***Jog 10 minutes***

***Workout:***

***Power Cleans***

***4×10***

***Hex Bar Deadlift***

***4×12***

***High Box Jumps (36")***

***4×5***

***Spider-Man Push Ups***

***3×20***

***Plate Balanced Push Ups***

***3×10***

***Sledgehammer Smash Finisher***

***3×30 seconds***

***Core:***

***Planks***

***3×60 seconds***

*Hanging Knee Raises*

*3×20*

*Crunches*

*3×25*

## ***Mark Strong Workout: Mixed Martial Arts 2-3 a Week***

*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.\*\**