

TOPPO WORKOUT ROUTINE



Bonus PDF File
By: Mike Romaine

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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.

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TOPPO WORKOUT ROUTINE

Training Volume:

3+ days per week

Explanation:

We're going to be mixing powerlifting with mixed martial arts. So while we're trying to build muscle, the calories burned via the MMA will be fighting against it a bit (which is where our diet really needs to shine to make up for it and keep us in a surplus). I'm programming you a beginner powerlifting routine and it's your job to mix in the MMA from Coach Derek.

Toppo Workout Day One: Squats

Warm Up:

Stretch

5-10 minute walk

Workout:

Barbell Squats

5×5

Front Squats

3×8-10

Glute Bridges

3×8-10

Seated Calf Raise

4×12

Toppo Workout Day Two: Bench

Warm Up:

Stretch

5-10 minute walk

Workout:

Bench Press

5×5

Dumbbell Bench Press

3×8-10

Close Grip Barbell Bench

3×8-10

Cable Tricep Pushdown

4×12

Toppo Workout Day Three: Deadlift

Warm Up:

Stretch

5-10 minute walk

Workout:

Barbell Deadlift

5×5

Upright Barbell Rows

3×8-10

Hyperextension (Back Extension)

3×8-10

Barbell Curls

4×12

Toppo Mixed Martial Arts 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.*****