

ED SKREIN WORKOUT ROUTINE



Bonus PDF File
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ED SKREIN WORKOUT ROUTINE

Training Volume:

6 days per week

Explanation:

As I mentioned above, Skrein was training at an extremely high volume. He was lifting 6 days a week for Deadpool and also still training his mixed martial arts on top of that. For Transporter he trained MMA for four months straight without touching weights, so you can also opt to utilize the mixed martial arts routines I share from Coach Derek without utilizing the weights if you'd like as well.

Ed Skrein Workout Day One: Heavy Push Day

Warm Up:

Stretch

Workout:

Bench Press

3×12,10,8

Close Grip Bench

3×12,10,8

Seated DB Military Press

3×12,10,8

Core:

Hanging Leg Raises

3×15

Cable Crunches

3×15

Ed Skrein Workout Day Two: Full Body

Warm Up:

Stretch

10-20 min incline walk

Workout:

Incline DB Bench

3×10

Hack Squat

3×10

Shoulder Flys

3×10

Cable Rows

3×10

Tricep Kickbacks

3×10

Preacher Curls

3×10

Ed Skrein Workout Day Three: Heavy Leg Day

Warm Up:

Stretch

Workout:

Back Squats

3×12,10,8

Hamstring Curls

3×12,10,8

Quad Extension

3×12,10,8

Core:

Lying Leg Raises

3×15

Sit Ups

3×15

Ed Skrein Workout Day Four: Full Body

Warm Up:

Stretch

10-20 min incline walk

Workout:

Chest Flys

3×10

Leg Press

3×10

Shoulder Front Raises

3×10

Lateral Raises

3×10

Tricep Overhead Extension

3×10

DB Hammer Curls

3×10

Ed Skrein Workout Day Five: Heavy Pull Day

Warm Up:

Stretch

Workout:

Deadlift

3×12,10,8

Lateral Pulldowns

3×12,10,8

Straight Arm Pushdown

3×12,10,8

Core:

Hanging Knee Raises w/ Twist

3×15

Machine Weighted Crunches

3×15

Ed Skrein Workout Day Six: Full Body

Warm Up:

Stretch

10-20 min incline walk

Workout:

Dips

3×10

Bulgarian Split Squat

3×10

Face Pulls

3×10

T-Bar Row

3×10

Tricep Cable Pushdowns

3×10

Concentration Curls

3×10

Ed Skrein Mixed Martial Arts Training

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.*****