

KRAVEN THE HUNTER WORKOUT ROUTINE



Bonus PDF File

By: Mike Romaine

Copyright Notice

No part of this report may be reproduced or transmitted in any form whatsoever, electronic, or mechanical, including photocopying, recording, or by any informational storage or retrieval system without expressed written, dated and signed permission from the author. All copyrights are reserved.

Disclaimer and/or Legal Notices

The information provided in this book is for educational purposes only. I am not a doctor and this is not meant to be taken as medical advice.

The information provided in this book is based upon my experiences as well as my interpretations of the current research available.

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.

If you have any health issues or pre-existing conditions, please consult with your physician before implementing any of the information provided in this course.

This product is for informational purposes only and the author does not accept any responsibilities for any liabilities or damages, real or perceived, resulting from the use of this information.

KRAVEN THE HUNTER WORKOUT ROUTINE

Training Volume:

6 days per week

Explanation:

For this split you're going to be training 3 days on, one day off. You're also going to be adding in MMA training on top of your weight training. That can be done with two a days if you're really looking to step it up and become Kraven!

Kraven The Hunter Workout Day One: Pull

Session One Lift:

Deadlift

5×10,8,5,3,3

Preacher Curls

4×12

T-Bar Row

4×12

Dumbbell Hammer Curls

4×12

Wide Grip Lateral Pulldowns

4×12

Concentration Curls

4×12

Chin Ups

4×12

Close Grip Cable Rows

4×12

Session Two Mixed Martial Arts:

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.

Kraven The Hunter Workout Day Two: Push

Session One Lift:

Bench Press

5×10,8,5,3,3

Close Grip Bench

4×12

Dumbbell Chest Flyes

4×12

Tricep Pushdowns w/ Bar

4×12

Incline Chest Press

4×12

Seated Arnold Press

4×12

Dips (Chest Concentration)

4×12

Face Pulls

4×12

Session Two Mixed Martial Arts:

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.

Kraven The Hunter Workout Day Three: Legs

Session One Lift:

Back Squats

5×10,8,5,3,3

Hamstring Curls

4×12

Box Jumps

4×12

Sled Pushes

4×50 yds

Quad Extension

4×12

Calf Raises

4×12

Weighted Lunges

4×12

Session Two Mixed Martial Arts:

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.

Kraven The Hunter Workout Day Four: Off Day

You get the day off.

You're not ACTUALLY Kraven The Hunter yet, so you need to rest and recover.

Remember: this routine is INTENSE. It has a lot of volume. So rest when needed.

Kraven The Hunter Workout Day Five: Pull

Session One Lift:

Romanian Dumbbell Deadlift

4×12

Dumbbell Bicep Curls

4×12

Barbell Bent Over Rows

4×12

Cable Hammer Curls w/ Rope

4×12

Close Grip Lateral Pulldowns

4×12

Cable Curls

4×12

Wide Grip Pull Ups

4×12

Wide Grip Cable Rows

4×12

Session Two Mixed Martial Arts:

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.

Kraven The Hunter Workout Day Six: Push

Session One Lift:

Military Press

5×10,8,5,5,5

Skull Crushers

4×12

Cable Flyes

4×12

Tricep Pushdowns w/ Bar

4×12

Upright Rows

4×12

Cable Kickbacks

4×12

Shoulder Front Raises

4×12

Overhead Extension Standing w/ Plate

4×12

Session Two Mixed Martial Arts:

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.

Kraven The Hunter Workout Day Seven: Legs

Session One Lift:

Front Squats

5×10,8,5,3,3

Leg Press

4×12

Assisted Dip Machine Leg Pushdowns

4×12

Leg Kickback Machine

4×12

Narrow Stance Squat on Smith Machine

4×12

Seated Calf Raises

4×12

Weighted Step Ups

4×12

Session Two Mixed Martial Arts:

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.