

# ROSE WILSON WORKOUT ROUTINE



Bonus PDF File  
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# **ROSE WILSON WORKOUT ROUTINE**

**Training Volume:**

**6 days per week**

**Explanation:**

**3 days per week we're going to train for strength utilizing bodyweight movements and some weights. The other three days a week you're going to be plugging in MMA styled training. I will make sure to be linking you to Rose Wilson's father's workout!**

## **Rose Wilson Workout Day One: Upper Body Push Focus**

**Warm Up:**

**20-30 minute of HIIT**

**Treadmill or Rower**

**Workout:**

**Dumbbell or Hammer Strength Chest Press**

**4×12**

**Seated Arnold Press**

**4×12**

**Dumbbell Kickbacks**

**4×12 each arm**

**Bodyweight:**

**Dips**

**5×20**

**Air Squats**

**3×10**

**Push Ups**

**3×10**

**Pull Ups**

**3×5**

**Core:**

**Hanging Leg Raises**

**3×10**

**Sit Ups**

**3×10**

**Plank**

3×60 seconds

## Rose Wilson Workout Day Two: MMA 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.

## Rose Wilson Workout Day Three: Lower Body

### Leg Focus

Warm Up:

20-30 minute of HIIT

Treadmill or Rower

Workout:

Back Squat

4×12

Leg Press

4×12

Bulgarian Split Squat

4×12 each leg

Bodyweight:

**Lunges (Can be weighted)**

**5×20**

**Dips**

**3×10**

**Push Ups**

**3×10**

**Pull Ups**

**3×5**

**Core:**

**Lying Leg Raises**

**3×10**

**Cable Crunches**

**3×10**

**Plank**

**3×60 seconds**

## **Rose Wilson Workout Day Four: MMA 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.

# Rose Wilson Workout Day Five: Upper Body Pull Focus

Warm Up:

20-30 minute of HIIT

Treadmill or Rower

Workout:

Deadlift w/ DB or Bar

4×12

Pulldown Variation (Lateral Cable or Hammer Strength)

4×12

Bent Over DB Rows

4×12 each arm

Bodyweight:

Chin Ups (can be assisted)

5×10

Air Squats

3×10

**Push Ups**

**3×10**

**Dips**

**3×10**

**Core:**

**Hanging Leg Raises w/ Side Twist**

**3×10**

**Machine Crunch Weighted**

**3×10**

**Plank**

**3×60 seconds**

## **Rose Wilson Workout Day Six: MMA 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.