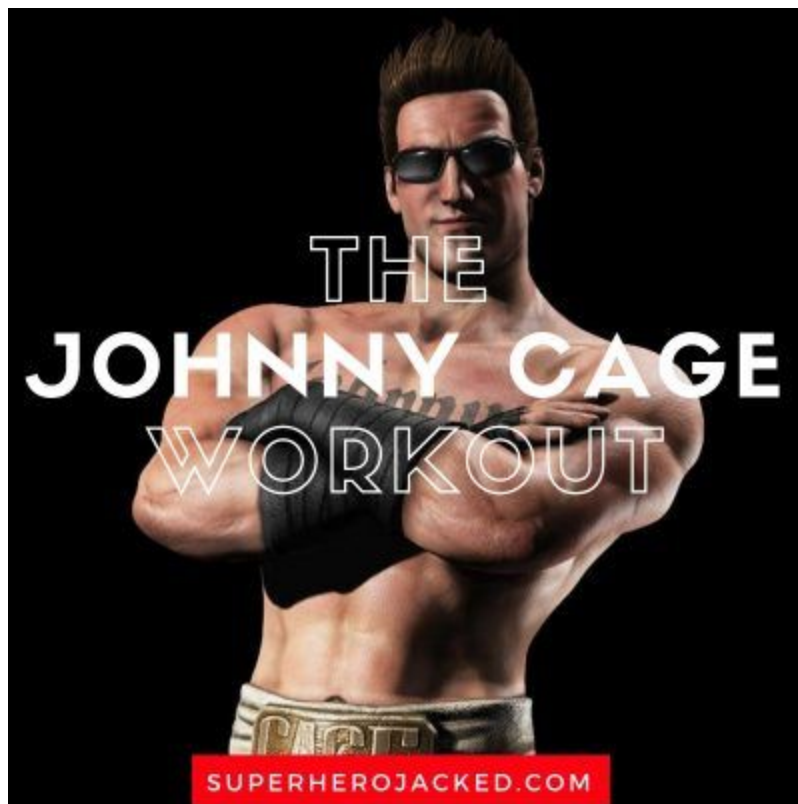


# JOHNNY CAGE WORKOUT ROUTINE



Bonus PDF File  
By: Mike Romaine

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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.

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# **JOHNNY CAGE WORKOUT ROUTINE**

**Training Volume:**

**6 days per week**

**Explanation:**

**You're going to be doing two sets of three day splits mixed in with different MMA training schedules. For the MMA training we're going to go with Coach Derek's programs and for the days in the gym we're going with a program that was written for Jean-Claude Van Damme ! Johnny is based on Van Damme, BUT, he also is even more heightened, so if you want to step it up a notch and go full Johnny Cage you'll have to mold the two programs together.**

## **Johnny Cage Workout: Van Damme Programming**

**Monday/ Wednesday/ Friday**

**Chest: 4 sets of barbell bench press of 8-10 reps, 4 sets of Barbell Incline Bench Press of 8-10 reps**

**3 sets of dumbbell flyes of 8-10 reps, 3 sets of parallel bar dips of 10 reps, 3 sets of pullover of 12 reps**

**Back: 4 sets of chin-ups of 8 reps, 4 sets of close grip chins of 10 reps, 4 sets of T bar rows of 12-15 reps**

**4 sets of bent over barbell rows of 8-12 reps.**

**Thighs: 5 sets of squats of 15 reps, 4 sets of front squats of 8-10 reps, 3 sets of hack squats of 10 reps**

**4 sets of leg curls of 10 reps, 4 sets of standing leg curls of 10 reps, 3 sets of straight leg dead lifts of 10 reps**

**Calves: 4 sets of donkey calf raises of 10 reps, 4 sets of standing calf raises of 10-15 reps.**

**Abdominals: 3 sets of crunches of 25 reps, 10 sets of bent over twists of 10 reps, 3 sets of machine crunches of 25 reps, 10 sets of half crunches of 10 reps.**

### **Tuesday/Thursday/ Saturday**

**Shoulders: 5 sets of behind the neck presses of 15 reps, 4 sets of lateral raises of 8 reps, 4 sets of bent over dumbbell laterals of 8 reps, 3 sets of dumbbell shrugs of 10 reps**

**Upper arms: 5 sets of standing barbell curls of 10 reps, 4 sets of incline dumbbell curls of 8 reps, 3 sets of concentration of 8 reps**

**4 sets of lying triceps extensions of 10 reps, 3 sets of triceps cable press downs of 8 reps, 3 sets of one arm triceps extensions of 10 reps**

**Fore-arms: 4 sets of barbell wrists curls of 10 reps, 3 sets of reverse wrist curls of 10 reps**

**Calves: 4 sets of seated calf raises of 10 reps,**

**Abdominals: 4 sets of reverse crunches of 25 reps, 10 sets of seated twists of 10 reps, 4 sets of vertical bench crunches of 25 reps**

## **Johnny Cage Workout: 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.