

# VALKYRIE WORKOUT ROUTINE



Bonus PDF File  
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# **VALKYRIE WORKOUT ROUTINE**

**Training Volume:**

**4 days per week lifting**

**2-3 cardio and MMA**

**Explanation:**

**We're going back to the big four compounds for this badass chick. But we're also not forgetting about her MMA and endurance so we'll be adding that in right on top.**

## **Valkyrie Workout Day One: Deadlifts**

**Warm Up:**

**30 min of varied cardio:**

**Swap from low and high intensity utilizing: treadmill, bike, rower, and elliptical**

**Workout:**

**Deadlifts**

**5×5**

**T-Bar Rows**

**3×10**

**Close Grip Pulldowns**

**3×10**

**Wide Grip Pulldowns**

**3×10**

**Dumbbell Bent Over Rows**

**3×10**

**Chin Ups**

**3×10**

**Wide Cable Rows**

**3×10**

## **Valkyrie Workout Day Two: Bench Press**

**Warm Up:**

**30 min of varied cardio:**

**Swap from low and high intensity utilizing: treadmill, bike, rower, and elliptical**

**Workout:**

**Bench Press**

**5×5**

**Cable Flys**

**3×10**

**Incline DB Press**

**3×10**

**Tricep Cable Pushdowns**

**3×10**

**Dips**

**3×10**

**Cable or DB Kickbacks**

**3×10**

**Close Grip Bench**

**3×10**

## **Valkyrie Workout Day Three: Squat**

**Warm Up:**

**30 min of varied cardio:**

**Swap from low and high intensity utilizing: treadmill, bike, rower, and elliptical**

**Workout:**

**Back Squat**

**5×5**

**Leg Press**

**3×10**

**Glute Bridges w/ EZ Bar**

**3×10**

**Hamstring Kickback**

**3×10**

**Weighted Lunges**

**3×10**

**Box Jumps**

**3×10**

**Front Squats**

**3×10**

## **Valkyrie Workout Day Four: Military Press**

**Warm Up:**

**30 min of varied cardio:**

**Swap from low and high intensity utilizing: treadmill, bike, rower, and elliptical**

**Workout:**

**Military Press**

5×5

Face Pulls

3×10

Arnold Press

3×10

Front Raises w/ DB

3×10

Lateral Raises w/ Cable or DB

3×10

Upright Rows w/ EZ Bar

3×10

Barbell Shrugs

3×10

## Valkyrie Workout Bonus MMA and Cardio

*Choose a mixed martial arts program below and mix it in certain days:*

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.

For Parkour I worked with Felix on this one: [Nightrunner](#) workout.

***Also try to add in 2-3 mile runs 2-3 times a week to boost your endurance if you're really looking to become Valkyrie!***