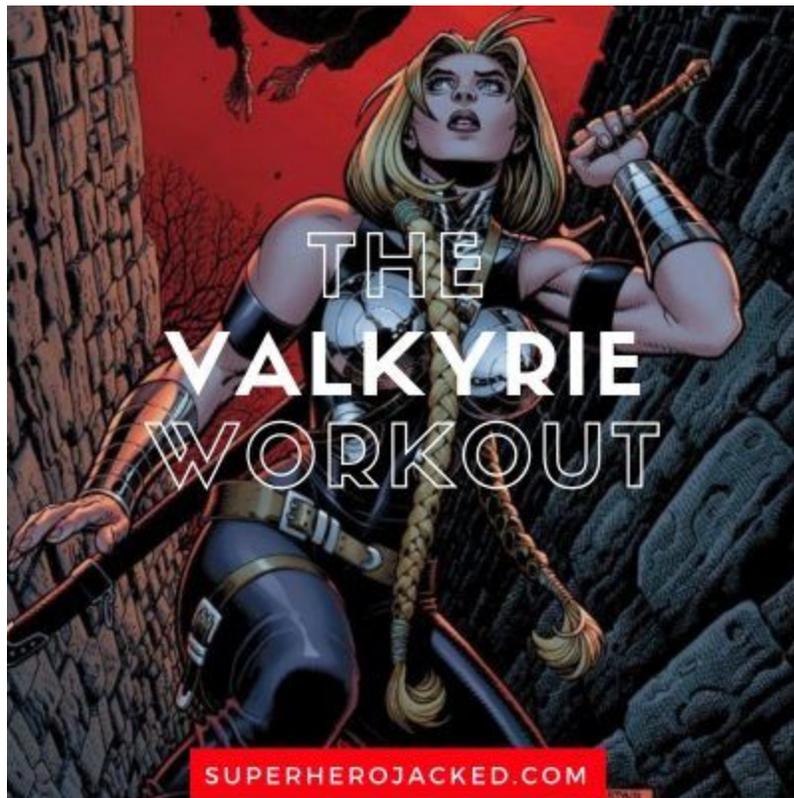


# VALKYRIE WORKOUT ROUTINE



Bonus PDF File  
By: Mike Romaine

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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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# **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!***