

MARWAN KENZARI WORKOUT ROUTINE



Bonus PDF File
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MARWAN KENZARI WORKOUT ROUTINE

Training Volume:

4-6 days per week

Explanation:

In his Wolf training, Kenzari was doing four days a week of strength and conditioning styled training and two days of kickboxing. For that reason I'll be programming you the type of training that is described in his article, as well as giving you some of Coach Derek's mixed martial arts styled programs to utilize for the kickboxing days if you'd like.

In the article it states: "Variety, high intensity, lots of bodyweight and core exercises, and lots of cardio."

So get ready!

Marwan Kenzari Workout Day One

Warm Up:

Stretch

Workout:

Three Rounds without Stopping

10 Double Unders

15 Dips

8 Pull Ups

16 Kettlebell Swings

12 Deadlifts

12 Box Jumps

15 Leg Raises

10 Sit Ups

Marwan Kenzari Workout Day Two

Warm Up:

Stretch

Workout:

Three Rounds without Stopping

8 Goblet Squats

10 Lunges

12 Push Ups

14 KB Russian Twists

16 Push Presses

14 V-Ups

12 Push Ups

10 Thrusters

8 Step Ups

Marwan Kenzari Workout Day Three

Warm Up:

Stretch

Workout:

Three Rounds without Stopping

10 KB Deadlifts

15 Mountain Climbers

10 KB Swings

15 Mountain Climbers

10 Pull Ups

15 Mountain Climbers

10 Ring Rows

15 Mountain Climbers

Marwan Kenzari Workout Day Four

Warm Up:

Stretch

Workout:

Three Rounds without Stopping

10 Bench Press

10 Jump Squats

10 Clean and Presses

10 Lunges

10 Shoulder Front Raises

10 Pistol Squats

10 Push Ups

10 Front Squats

10 Chin Ups

10 Hanging Leg Raises

Marwan Kenzari Workout Routine: Mixed Martial Arts

Utilize a day from one of these options from [Coach Derek](#).

Check out MMA programs on the site from Coach Derek here: [Moon Knight](#), [Deathstroke](#), [Daredevil](#), and [Sagat](#).

For some Thai Boxing fun check out [Anna Diop's](#) routine.

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