

MENA MASSOUD WORKOUT ROUTINE



Bonus PDF File
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MENA MASSOUD WORKOUT ROUTINE

Training Volume:

4+ days per week

Explanation:

I'm going to program you 4 training days per week and then it'll be your job to fit in things like mixed martial arts training, horseback riding, hiking, and other forms of activity that we see Massoud engage in.

Mena Massoud Workout Day One: Chest and Triceps

Warm Up:

5 min walk/jog warm up

1 mile run at 5-8 mph

Workout:

Incline DB Bench Press

4×12

Weighted Dips

3×10

Dumbbell Pullovers

3×10

DB Kickbacks

3×10 each arm

Close Grip Bench Press

3×10

Chest Fly Variation (Cables/DBs)

3×10

Calisthenics Finisher:

3 Round Circuit or Super-set formation:

Push Ups

3×25

Mountain Climbers

3×20

Dips

3×15

Box Jumps

3×10

Pull Ups

3×5

Mena Massoud Workout Day Two: Legs, Calves and Calisthenics

Warm Up:

5 min walk/jog warm up

1 mile run at 5-8 mph

Workout:

Squat Variation (Hack/Back/Goblet/Landmine/Front)

4×12

Weighted Lunges

3×10

Seated Calf Raises

3×10

Hamstring Kickbacks

3×10

Quad Extensions

3×10

Leg Press/Calf Raise Superset

3×10 each

Calisthenics Finisher:

3 Round Circuit or Super-set formation:

Push Ups

3×25

Leg Raises

3×20

Dips

3×15

Box Jumps

3×10

Chin Ups

3×5

**Mena Massoud Workout Day Three:
Shoulders, Traps and Calisthenics**

Warm Up:

5 min walk/jog warm up

1 mile run at 5-8 mph

Workout:

Military Press

4×12

Barbell Shrugs

3×10

Face Pulls

3×10

Shoulder Front Raises w/ Dumbbell

3×10

Dumbbell Shrugs

3×10

Kettlebell Swings

3×10

Calisthenics Finisher:

3 Round Circuit or Super-set formation:

Push Ups

3×25

Mountain Climbers

3×20

Dips

3×15

Box Jumps

3×10

Pull Ups

3×5

Mena Massoud Workout Day Four: Back and Biceps

Warm Up:

5 min walk/jog warm up

1 mile run at 5-8 mph

Workout:

Deadlift (DB or BB)

4×12

Wide Grip Pulldowns

3×10

Close Grip Rows

3×10

Dumbbell Bicep Curls

3×10

TRX Bodyweight Rows

3×10

Cable Hammer Curls

3×10

Calisthenics Finisher:

3 Round Circuit or Super-set formation:

Push Ups

3×25

Mountain Climbers

3×20

Dips

3×15

Box Jumps

3×10

Chin Ups

3×5

Mena Massoud Workout Activity Day

This is where I remind you to get active.

Mena Massoud doesn't just workout in the gym, he also stays active doing tons of other things.

To name a few: Hiking, Horseback Riding and Mixed Martial Arts were the most prominent on his Instagram.

If you're looking for some mixed martial arts or parkour training we have some programs from our [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.