

SAGAT

WORKOUT ROUTINE



Bonus PDF File
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SAGAT WORKOUT ROUTINE

Training Volume:

5 days per week

Explanation:

Coach Derek programs you 5 days of training to become like Sagat. He provides information on scaling up to advanced levels, and more.

Sagat Workout Day 1

Daily Thai Routine

30 minutes running or skipping rope

10 Minutes dynamic stretching

3 to 4 – 3 minute rounds of Shadowboxing . during breaks of rounds do 10-20 knuckle pushups or crunches

15 Minutes straight or 4 to 5 3 minute rounds of Heavy Bag Work , Use Kicks, Punches, Knees, Elbows, and other various Thai Techniques at full strength

15 Minutes Pad work

15 minutes Clinch Training

50 Kicks Per Leg on Heavy Bag , 100 Knees on Bag

50-100 crunches and 100 pushups

Cool down stretch

ADVANCED LEVEL:

Repeat circuit in afternoon or evening

Sagat Workout Day 2

Total Body Circuit

Warm up:

100 Uppercuts each arm , 50 kicks each leg

4 Sets, Do 12 to 15 reps per set

Squat & Press

Dumbbell Lunges

Pushups

Standing Dumbbell rows

Bicep Curls

Tricep extensions

1 Arm Dumbbell Swings

Incline Prone Dumbbell Y's

Deadlift

Power Clean

Squats

Finisher:

30 minutes of Bike, Jump rope, Treadmill, or Elliptical

Abs

4 sets . 25 reps each exercise

Cable or light dumbbell wood chops

Weighted decline bench sit ups

Hanging leg raises

Bicycle Crunches

Sagat Workout Day 3

30 minutes running or skipping rope

10 Minutes dynamic stretching

3 to 4 – 3 minute rounds of Shadowboxing. During breaks of rounds do 10-20 knuckle push ups or crunches

15 Minutes straight or 4 to 5 3 minute rounds of Heavy Bag Work , Use Kicks, Punches, Knees, Elbows, and other various Thai Techniques at full strength

15 Minutes Pad work

15 minutes Clinch Training

50 Kicks Per Leg on Heavy Bag , 100 Knees on Bag

50-100 crunches and 100 push ups

Cool down stretch

ADVANCED LEVEL:

Repeat circuit in afternoon or evening

Sagat Workout Day 4: Explosive Power

Sagat Petchyindee was known as a knock out artist.

Here's what's needed to develop the fast twitch muscle fibers used for knockout power.

Warm up:

100 Uppercuts each arm , 50 kicks each leg

Deadlifts (heavy): 3 to 4 sets of 3- 5 reps rest 3 to 4 minutes

Box Jumps: 5 sets of 6 , rest 1 to 2 minutes

Jump rope for 5 minutes

Bench Press (heavy) : 3 to 4 Sets of 5 to 6 reps rest 3 to 4 minutes

Plyo Push Ups : 4 sets of 8 to 10 reps , rest 2 Minutes

Jump rope for 5 Minutes

Kettlebell or Dumbbell Jump squats : 3 to 4 sets of 4 to 5 Reps. Rest 2 minutes

Explosive pull up : 3 to 4 Sets of 6 to 8 reps , rest 2 Minutes

Jump rope for 5 Minutes

Rotational Medicine ball throws : 3 sets of 6 to 8 reps

Sagat Workout Day 5

30 minutes running or skipping rope

10 Minutes dynamic stretching

3 to 4 – 3 minute rounds of Shadowboxing . during breaks of rounds do 10-20 knuckle push-ups or crunches

15 Minutes straight or 4 to 5 3 minute rounds of Heavy Bag Work , Use Kicks, Punches, Knees, Elbows, and other various Thai Techniques at full strength

15 Minutes Pad work

15 minutes Clinch Training

50 Kicks Per Leg on Heavy Bag , 100 Knees on Bag

50-100 crunches and 100 pushups

Cool down stretch

ADVANCED LEVEL:

Repeat circuit in afternoon or evening