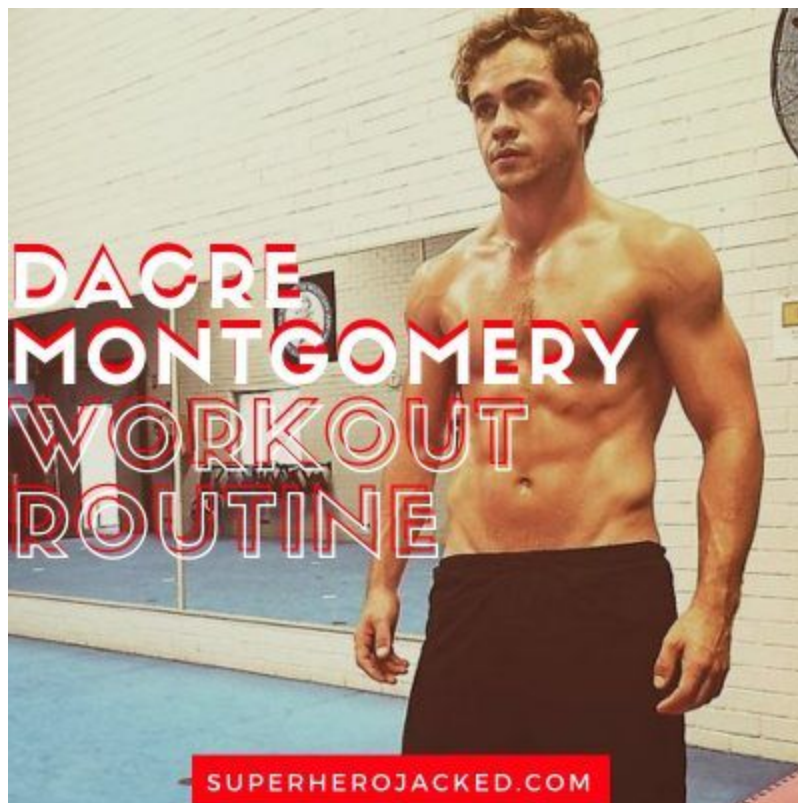


DACRE MONTGOMERY WORKOUT ROUTINE



Bonus PDF File
By: Mike Romaine

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The information provided in this book is based upon my experiences as well as my interpretations of the current research available.

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.

If you have any health issues or pre-existing conditions, please consult with your physician before implementing any of the information provided in this course.

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DACRE MONTGOMERY WORKOUT ROUTINE

Training Volume:

3-5 days per week

Explanation:

I'm going to be programming you a weight loss schedule that will revolve around Montgomery's weight loss phase. That will be a schedule within itself. I will also be programming you a mix of yoga, mixed martial arts and light weight/high rep training to utilize.

Dacre Montgomery Workout One: Weight Loss Running Schedule

Weekly Schedule and Breakdown:

Monday: 30 minute run

Tuesday: 45 minute run

Wednesday: 60 minute run

Thursday: 45 minute run

Friday: 30 minute run

Saturday: Off

Sunday: Active Off Day

Dacre Montgomery Workout Two: Bulking Up and High Volume Training

Weekly Schedule and Breakdown:

Monday: Lightweight/High Volume Training

Tuesday: Mixed Martial Arts and/or Yoga

Wednesday: Lightweight/High Volume Training

Thursday: Mixed Martial Arts and/or Yoga

Friday: Lightweight/High Volume Training

Saturday: 30-60 minute run

Sunday: Active Off Day

Lightweight/High Volume Training Day One:

Workout:

Chest Press

4×25

Cable Pushdowns

4×25

Shoulder Press

4×25

Leg Press

4×25

Cable Rows

4×25

Preacher Curls

4×25

[Optional] Additional Core

Sit Ups

4×25

Lying Leg Raises

4×25

Lightweight/High Volume Training Day Two:

Workout:

Incline Chest Press

4×25

Cable Kickbacks

4×25

Arnold Press

4×25

Hack Squat or Goblet Squats

4×25

Lateral Pulldowns

4×25

Hammer Curls w/ Cable

4×25

[Optional] Additional Core

Machine Crunches

4×25

Hanging Knee Raises

4×25

Lightweight/High Volume Training Day Three:

Workout:

Chest Flyes

4×25

Overhead Tricep Extension

4×25

Shoulder DB Front Raises

4×25

Hamstring Curls

4×25

Dumbbell Deadlifts

4×25

EZ Bar Curls

4×25

[Optional] Additional Core

Cable Crunches

4×25

Lying Leg Raises

4×25

Mixed Martial Arts and Yoga:

We have some yoga videos inside [The Academy](#) as well as multiple exclusive mixed martial arts workout paths programmed by Coach Derek, but here are some of the MMA style programs hosted here on the site you can utilize as well:

[Moon Knight](#), [Deathstroke](#), [Daredevil](#), and [Sagat](#).

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

Of course getting into a local gym is generally going to be your best bet for this style of training, but if you can't do that you can always utilize YouTube for some yoga as well.