

HELLCAT WORKOUT ROUTINE



Bonus PDF File
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HELLCAT WORKOUT ROUTINE

Training Volume:

3-5+ days per week

Explanation:

I'm going to build you 3 days of training that will focus on strength, endurance and agility. The other 2+ days of training will come by adding in our parkour workout listed along with Coach Derek's mixed martial arts programs that can be added on top as well.

Hellcat Workout Day One: Strength and Agility

Endurance Warm Up:

Light 3 Mile Jog

Strength Compounds:

Chest Press

4×10

Standing Overhead Press

4×10

Agility Training:

Superset One:

A. Tire Flips

3×50 meters

B. Burpees

3×10

Superset Two:

A. Fireman's Carry

3×50 meters

B. Clap Push Ups

3×10

Superset Three:

A. Battle Ropes

3×30 seconds

B. Kettlebell Swings

3×10

Hellcat Workout Day Two: Strength and Agility

Endurance Warm Up:

Light 3 Mile Jog

Strength Compounds:

Deadlift

4×10

Chin Ups

4×10

Agility Training:

Superset One:

A. Light One Arm Snatches

3×25 each arm

B. Mountain Climbers

3×10

Superset Two:

A. Ball Slams

3×25

B. Jump Squats

3×10

Superset Three:

A. Light Clean and Press

3×25

B. Wide Push Ups

3×10

Hellcat Workout Day Three: Strength and Agility

Endurance Warm Up:

Light 3 Mile Jog

Strength Compounds:

Back Squats

4×10

Leg Press

4×10

Agility Training:

Superset One:

A. Jumping Lunges

3×25 each leg

B. Cable Pullthroughs

3×10

Superset Two:

A. Double Unders

3×25

B. Box Jumps

3×10

Superset Three:

A. Hanging Leg Raises

3×25

B. Cable Crunches

3×10

Hellcat Workout: Mixed Martial Arts and Parkour

If you want to step your game up and start training with mixed martial arts, these are some of the programs Coach Derek has created for us outside of [The Academy](#) to do so.

Check out 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.

The [Parkour Workout](#) (Nightrunner) designed by [Academy](#) member Felix.