

FREIZA

WORKOUT ROUTINE



Bonus PDF File
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FREIZA WORKOUT ROUTINE

Training Volume:

7 days per week

Explanation:

This workout is a combination of three of my favorite programs on the site to make up the ultimate Frieza training program of strength, speed, and endurance!

Frieza Savage Workout Routine Schedule

Monday: Upper Body Strength Training

Tuesday: 1.5 mile run and Speed Training

Wednesday: Calisthenics and MMA

Thursday: 3-5 mile run

Friday: Lower Body Strength Training

Saturday: 1.5 mile run and Speed Training

Sunday: Calisthenics and MMA

Frieza Workout: Strength Training

Day One: Upper Body Training

Upper body horizontal push

Choose one of the following exercises and perform 4 sets of 4-6 reps.

- Bench press
- Incline bench press
- Dumbbell flat bench press
- Dumbbell incline bench press

2. Upper body horizontal pull

Choose one of the following exercises and perform 4 sets of 6-8 reps.

- Barbell rows (underhand or overhand)
- 1-arm dumbbell row

3. Upper body vertical push

Choose one of the following exercises and perform 3-4 sets of 6-8 reps.

- Barbell shoulder press
- Dumbbell shoulder press
- Arnold press

4. Upper body vertical pull

Choose one of the following exercises and perform 3-4 sets of 6-8 reps.

- Weighted chin ups

- Weighted pull ups
- Lat pull downs

5. Triceps

Choose one of the following exercises and perform 2-3 sets of 8-10 reps

- Lying triceps extensions (dumbbell or barbell)
- Overhead extension (dumbbell, barbell, or cable)
- Triceps push down (all variations)

6. Biceps

Choose one of the following exercises and perform 2-3 sets of 8-10 reps.

- Barbell curls (straight or EZ-bar)
- Dumbbell curls
- Hammer curls

Day Two: Lower Body Training

1. Squat variation

Choose one of the following exercises and perform 4 sets of 4-6 reps.

- Back squat
- Front squat
- Goblet Squat
- Hack Squat
- Landmine Squat

2. Deadlift variation

Choose one of the following exercises and perform 4 sets of 4-6 reps

- Conventional deadlift
- Sumo deadlift
- Trap bar deadlift
- Rack pulls
- Deficit deadlift

3. Knee flexion dominant

Choose one of the following exercises and perform 3-4 sets of 8-10 reps.

- Lunges (all variations)
- Step-ups
- Bulgarian split squat
- Leg press

4. Hip extension dominant

Choose one of the following exercises and perform 3-4 sets of 8-10 reps

- Romanian deadlifts
- Straight leg deadlifts
- Hyperextensions
- Pull-troughs
- Hip thrust (all variations)
- Glute ham raises

5. Calves

Choose one of the following exercises and perform 2-3 sets of 8-10 reps

- Standing calf raises
- Seated calf raises

Frieza Workout: Speed Training

Running Speed Circuit:

- Run 4 sets of 400m dash at race speed
- 20 bench step ups
- Run 800m at race speed
- 20 squats per leg
- Run 8 sets of 200m dash with 1min rest in between
- 20 stride step ups per leg
- Run 8 sets of 100m dash, with 15 seconds rest in between
- 25m single leg forward hops
- Run for 6mins, doing easy paces and race paces every half min
- Plank for 1min
- Run 4 sets of 400m, with 2min rest in between.

Overall Speed Circuit:

Increase intensity by increasing rounds completed

- 60 Second Battle Rope
- 20 bench step ups
- Run 800m at race speed
- 20 squats per leg
- 50m Tire Flips
- 20 stride step ups per leg
- Run 8 sets of 100m dash, with 15 seconds rest in between
- 25m single leg forward hops
- 50m Farmer's Walk
- 20 kettlebell swings

- Run 4 sets of 400m, with 2min rest in between.

Frieza Workout: Calisthenics Training

75 Pull Ups

75 Hanging Leg Raises

100 Dips

100 Lunges

100 Sit Ups

150 Push Ups

150 Air Squats

These can be broken down into any number of sets/ reps that are needed to complete the overall count.