

# WILLIAM ZABKA WORKOUT ROUTINE



Bonus PDF File  
By: Mike Romaine

Copyright Notice

No part of this report may be reproduced or transmitted in any form whatsoever, electronic, or mechanical, including photocopying, recording, or by any informational storage or retrieval system without expressed written, dated and signed permission from the author. All copyrights are reserved.

### **Disclaimer and/or Legal Notices**

The information provided in this book is for educational purposes only. I am not a doctor and this is not meant to be taken as medical advice.

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.

This product is for informational purposes only and the author does not accept any responsibilities for any liabilities or damages, real or perceived, resulting from the use of this information.

# WILLIAM ZABKA WORKOUT ROUTINE

## Training Volume:

3-4 days per week

## Explanation:

For this one we're going to be training with full body workouts that cover all the areas Zabka was working each day with trainer Lander, who tells us all the information we need. We'll be working with a push, a pull, and a leg exercise each day (at a minimum) and then adding in cardio and accessory work as he describes in the interview. I'll also be providing you with some optional MMA training resources you can add to your training from right here at SHJ.

## Want To Upgrade This Workout?

[The Superhero Academy](#) now comes with an [Upgrade Your Workout Tool](#) that allows Academy members to turn any SHJ workout into a 4-8 week fully planned regime detailing exact weights to lift and including reverse & tradition pyramid training, straight sets, super sets, progressive overload and more.

## William Zabka Workout: Sample Schedule

**Monday:** Full Body Zabka Training A

**Tuesday:** Full Body Zabka Training B

**Wednesday:** Mixed Martial Arts Training (Optional)

**Thursday:** Full Body Zabka Training C

**Friday:** Full Body Zabka Training D

**Saturday:** Active Rest Day/Optional MMA

**Sunday:** Rest Day

## **William Zabka Workout: Full Body Zabka Training A**

### **Warm Up:**

10 Minute Incline Walk

### **Workout:**

Bench Press

5×5

*Rest 2-3 min between sets*

Run

400m

Hex Bar Deadlifts

5×5

*Rest 2-3 min between sets*

3 Min of On-And-Off Airdyne Sprints

Sprint 30 Seconds, Rest, Repeat for 3 Min Total

Front Squats

5×5

*Rest 2-3 min between sets*

Double Unders

4×20

**Accessory Work:**

Bicep Curls

3×10

Lateral Raises

3×10

## **William Zabka Workout: Full Body Zabka Training B**

**Warm Up:**

10 Minute Incline Walk

**Workout:**

Incline Chest Flyes

4×12,10,8,6

*Rest 2-3 min between sets*

5 Min Sprints of Treadmill

Sprint 30 Seconds, Rest, Repeat for 5 Min Total

Wide Grip Lateral Pulldowns

4×12,10,8,6

*Rest 2-3 min between sets*

Row

400m

Leg Press

4×12,10,8,6

*Rest 2-3 min between sets*

Alternating Skip Jump Rope

4×50

**Accessory Work:**

Weighted Step Ups

3×10

Tricep Cable Pushdowns

3×10

## **William Zabka Workout: Full Body Zabka Training C**

### **Warm Up:**

10 Minute Incline Walk

### **Workout:**

Incline Bench Press

5×5

*Rest 2-3 min between sets*

Boxer Skips

4×50

Bent Over Rows

5×5

*Rest 2-3 min between sets*

Swim

400m

Back Squats

5×5

*Rest 2-3 min between sets*

5 Min Sprints on Row Machine

Sprint 30 Seconds, Rest, Repeat for 5 Min Total

**Accessory Work:**

Dips

3×10

Arnold Press

3×10

**William Zabka Workout: Full Body Zabka Training D**

**Warm Up:**

10 Minute Incline Walk

**Workout:**

Decline Hammer Strength Press

4×12,10,8,6

*Rest 2-3 min between sets*

5 Min Sprints of Treadmill

Sprint 30 Seconds, Rest, Repeat for 5 Min Total



Hammer Strength Rows

4×12,10,8,6

*Rest 2-3 min between sets*

Run

800m

Bulgarian Split Squats

4×12,10,8,6

*Rest 2-3 min between sets*

Freestyle Skipping

4×50

**Accessory Work:**

Chin Ups

3×10

Alternating Weighted Pistol Squats

3×10 total

**William Zabka Workout: Mixed Martial Arts Resources**

- [Deathstroke Workout Routine](#)
- [Daredevil Workout Routine](#)
- [Moon Knight Workout Routine](#)

- [Sagat Workout Routine](#)
- [Anna Diop Workout Routine and Diet Plan](#)
- [Frank Grillo Workout Routine and Diet Plan](#)
- [Ryan Potter Workout Routine and Diet Plan](#)