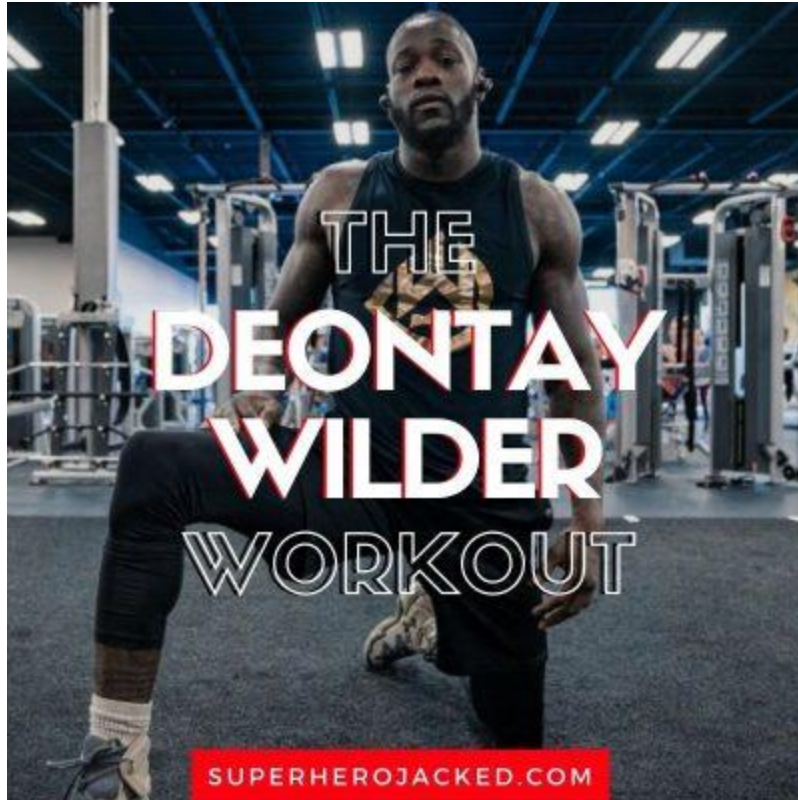


# DEONTAY WILDER WORKOUT ROUTINE



Bonus PDF File  
By: Mike Romaine

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# DEONTAY WILDER WORKOUT ROUTINE

## Training Volume:

4 Days per Week

## Explanation:

Wilder shared 4 days of training per week, but you would imagine (especially from his own words and other sources) that he puts in A LOT of outside training, especially considering this is not including any of his boxing work.

## 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.

## Deontay Wilder Workout Routine: Sample Workout Schedule

**Monday:** Agility and Abs

**Tuesday:** Pool Intervals

**Wednesday:** Rest Day

**Thursday:** Hops and Weights

**Friday:** Plyometrics and Weights

**Saturday:** Active Rest and Boxing Work

**Sunday:** Rest Day or Optional Training

## **Deontay Wilder's 4-Day Workout Routine:**

**Instructions:** Before each workout day, Wilder does a **dynamic warmup** consisting of stretching and movement drills.

## **Deontay Wilder Workout Routine: Monday Agility and Abs**

**Cone Agility Drills:** Set up two cones three feet apart and move laterally around the cones in a circle. "Focus on lateral movement and stability while changing directions," says Scott. **Perform 2 sets x 3 reps (one revolution around the cones is 1 rep).**

**Form Run Drills:** "On the first set, do foot over ankle movement; for the second set, do foot to shin; and on the third set, do foot over knee," Scott says. "You can use the same cones as the previous drill for distance." **Perform 3 sets x 4 reps, taking 1 minute rest between each rep and 4 minutes rest between sets.**

**Cool Down/Abs Finisher:** Complete situps, crunches, Russian twists, woodchops, reverse crunches, and any other core moves you like. **Perform 200 total reps.**

## **Deontay Wilder Workout Routine: Tuesday Pool Intervals**

## Pool Intervals:

- **Left Leg Bounds:** 1 set x 4 laps (1 lap = once across the pool)
- **Right Leg Bounds:** 1 set x 4 laps
- **Double Leg Bounds:** 1 set x 4 laps (alternate bounds between left and right)
- **Split Jumps:** 1 set x 4 laps
- **Squat Turns:** 1 set x 4 laps
- **Wall Leg Kicks:** 6 sets x 3 minutes
- **Cool Down:** 6-lap swim

## Deontay Wilder Workout Routine (REST DAY): Wednesday

**Active Recovery Day:** Body maintenance, massage, and rehab work.

## Deontay Wilder Workout Routine: Thursday Hops and Weights

**Rudiment Hops:** Set up cones at a comfortable length apart to use for each set.

- **Single Leg Hops:** 2 sets x 2 reps (each rep should be back and forth)
- **Double Leg Hops:** 2 sets x 2 reps
- **Forward Hops:** 2 sets x 2 reps
- **Sideways Hops:** 2 sets x 2 reps

**Cone Agility Drills (same from Monday workout):** 2 sets x 3 reps around the cones

## Weight Training:

- **Deep Back Squats:** 4 sets x 8 reps
- **Dumbbell Reverse Lunges (45 lbs):** 4 sets x 10 reps
- **Deadlifts (225 lbs):** 4 sets x 8 reps
- **Leg Extensions:** 4 sets x 12 reps
- **Dumbbell Single-Leg Calf Raises (45 lbs):** 4 sets x 10 reps
- **Single-Leg Leg Press:** 4 sets x 10 reps each side
- **Single-Leg Hip Extensions:** 4 sets x 10 reps

## Deontay Wilder Workout Routine: Friday Plyometrics and Weights

**Sand Pit Plyometric Moves:** Wilder does these on sand, but you can do these on a mat/in the gym as well. Perform 4 sets x 30-sec. rep for each exercise. Rest 1:30 between rounds.

- **Squat Jumps**
- **Single-Leg Knee Tuck Hops (30 sec. per side)**
- **Squat Jumps**
- **Jumping Lunge (30 sec. per side; don't switch each rep)**
- **Pause Squats**
- **Leg Hops (30 sec. per side)**
- **High Knees**

## Weights:

- **Clean Pulls:** 4 sets x 8 reps
- **Lunge Position Dumbbell Shoulder Press (35 lbs):** 4 sets x 8 reps
- **Dumbbell One-Arm Row (50 lbs):** 3 sets x 8 reps
- **Dumbbell Bent Over Row (15 lbs):** 3 sets x 8 reps

- **Dumbbell Incline Press (50 lbs):** 4 sets x 8 reps
- **Dumbbell Arm Curls (30 lbs):** 4 sets x 8 reps per side
- **Dumbbell Front Lateral Raises (15 lbs):** 3 sets x 8 reps