

TRAIN LIKE BAKI

BUILDING TRAINING PROGRAM

BODYBUILDING PHASE

NOTE:

THIS IS A VERY ADVANCED PROGRAM AND NOT INTENDED FOR BEGINNERS.
FOR A BEGINNER-FOCUSED AT-HOME PROGRAM [CLICK HERE](#)

WARM UP

5 MINUTES MODERATE INTENSITY CARDIO
WORLDS GREATEST STRETCH X 10 REPS /SIDE
DOWN DOG INTO PLANK X 10 REPS
BEAR CRAWLS X 20 REPS
ARM CIRCLES X 20 REPS

MONDAY | UPPER BODY BODYBUILDING

1. **BARBELL BENCH PRESS** 4 SETS OF 8 REPS
2. **PULL-UPS OR LAT PULL-DOWNS** 4 SETS OF 8 REPS
3. **SEATED OVERHEAD DUMBBELL PRESS** 4 SETS OF 12 REPS
4. **BENT OVER BARBELL ROWS** 4 SETS OF 12 REPS
5. **TRICEP DIPS** 4 SETS OF 12 REPS
- 6A. **DUMBBELL LATERAL RAISES** 4 SETS OF 15 REPS
- 6B. **BARBELL CURLS** 4 SETS OF 10 REPS

THURSDAY | UPPER BODY BODYBUILDING

1. **STANDING BARBELL OVERHEAD PRESS** 4 SETS OF 8 REPS
2. **BARBELL BENT OVER ROWS 4X8** 4 SETS OF 8 REPS
3. **FLAT DUMBBELL PRESS** 4 SETS OF 12 REPS
4. **PULL-UPS OR LAT PULL-DOWNS** 4 SETS OF 12 REPS
5. **TRICEP DIPS** 4 SETS OF 12 REPS
- 6A. **DUMBBELL LATERAL RAISES** 4 SETS OF 15 REPS
- 6B. **BARBELL CURLS** 4 SETS OF 10 REPS

TUESDAY | FIGHT SKILL TRAINING

ATTEND AN MMA, BRAZILIAN JIU-JITSU, BOXING,
OR KICKBOXING CLASS

FRIDAY | FIGHT SKILL TRAINING

ATTEND AN MMA, BRAZILIAN JIU-JITSU, BOXING,
OR KICKBOXING CLASS

WEDNESDAY | LOWER BODY BODYBUILDING

1. **BARBELL HIGH BAR BACK SQUATS** 4 SETS OF 8 REPS
2. **DUMBBELL ROMAINIAN DEADLIFTS 4X12** 4 SETS OF 12 REPS
3. **BULGARIAN SPLIT SQUATS** 4 SETS OF 12 REPS PER SIDE
4. **BACK EXTENSIONS** 3 SETS OF 12 REPS
5. **LEG PRESS/HACK SQUAT STRAIGHT LEG CALF RAISES** 5 SETS OF 15 REPS

SATURDAY | LOWER BODY BODYBUILDING

1. **BARBELL HIGH BAR BACK SQUATS** 4 SETS OF 8 REPS
2. **DUMBBELL ROMAINIAN DEADLIFTS 4X12** 4 SETS OF 12 REPS
3. **BULGARIAN SPLIT SQUATS** 4 SETS OF 12 REPS PER SIDE
4. **BACK EXTENSIONS** 3 SETS OF 12 REPS
5. **LEG PRESS/HACK SQUAT STRAIGHT LEG CALF RAISES** 5 SETS OF 15 REPS

SUNDAY | REST DAY

KEY

| = SUPERSET

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DEMERS
PERSONAL TRAINING

TRAIN LIKE BAKI

BUILDING TRAINING PROGRAM

ATHLETIC PERFORMANCE PHASE

NOTE:

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WARM UP

5 MINUTES MODERATE INTENSITY CARDIO
WORLDS GREATEST STRETCH X 10 REPS /SIDE
DOWN DOG INTO PLANK X 10 REPS
BEAR CRAWLS X 20 REPS
ARM CIRCLES X 20 REPS

MONDAY | FULL BODY ATHLETIC TRAINING

- | | |
|---|---------------------------|
| 1. BARBELL POWER CLEANS | 4 SETS OF 3 REPS |
| 2A. LATERAL MED BALL THROWS | 3 SETS OF 6 REPS PER SIDE |
| 2B. ECCENTRIC FOCUSED* CAUSTIC SQUAT | 3 SETS OF 8 REPS PER SIDE |
| 3A. LATERAL JUMPS | 3 SETS OF 12 REPS |
| 3B. PULL-UPS | 3 SETS OF 12 REPS |
| 4A. CHEST DIPS | 3 SETS OF 12 REPS |
| 4B. ECCENTRIC FOCUSED* DUMBBELL ROMANIAN DEADLIFTS | 3 SETS OF 8 REPS |

TUESDAY | FIGHT SKILL TRAINING

ATTEND AN MMA, BRAZILIAN JIU-JITSU, BOXING, OR KICKBOXING CLASS

WEDNESDAY | REST DAY

THURSDAY | FULL BODY ATHLETIC TRAINING

- | | |
|--------------------------------|--|
| 1. BACK SQUATS | 4 SETS OF 5 REPS |
| 2. BARBELL PUSH PRESS | 4 SETS OF 5 REPS |
| 3. SPRINTS ON FOOT | PERFORM 8-10 SECOND MAX EFFORTS SPRINTS WITH 90 SECS REST IN BETWEEN |
| 4. CABLE ROWS | 4 SETS OF 12 REPS |
| 5. DUMBBELL CHEST PRESS | 3 SETS OF 12 REPS |

FRIDAY | FIGHT SKILL TRAINING

ATTEND AN MMA, BRAZILIAN JIU-JITSU, BOXING, OR KICKBOXING CLASS

SATURDAY | FULL BODY ATHLETIC TRAINING

- | | |
|---|---------------------------|
| 1. BARBELL POWER CLEANS | 4 SETS OF 3 REPS |
| 2A. LATERAL MED BALL THROWS | 3 SETS OF 6 REPS PER SIDE |
| 2B. ECCENTRIC FOCUSED* CAUSTIC SQUAT | 3 SETS OF 8 REPS PER SIDE |
| 3A. LATERAL JUMPS | 3 SETS OF 12 REPS |
| 3B. PULL-UPS | 3 SETS OF 12 REPS |
| 4A. CHEST DIPS | 3 SETS OF 12 REPS |
| 4B. ECCENTRIC FOCUSED* DUMBBELL ROMANIAN DEADLIFTS | 3 SETS OF 8 REPS |

SUNDAY | REST DAY

***NOTE:** LOWER SLOWLY UNTIL YOU FEEL A GOOD STRETCH AND HOLD AT THAT POINT FOR 2-3 SECONDS

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