



THE TOOLS YOU NEED TO BUILD THE BODY YOU WANT®



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Workouts



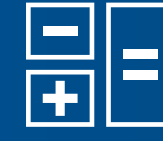
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Videos



Tools

BROCK LESNAR'S HARDCORE MMA WORKOUT

Train hardcore like former UFC heavyweight champion and professional wrestler Brock Lesnar. Workout includes MMA, circuit and weight training.

Link to Workout: <https://www.muscleandstrength.com/workouts/20-6-day-weight-cardio-cutting-workout.html>

Main Goal: Sports Performance **Equipment:** Barbell, Bodyweight, Cables, Dumbbells, EZ Bar, Machines

Training Level: Advanced

Program Duration: 12 Weeks

Days Per Week: 4 Days **Author:** Team Muscle & Strength

Time Per Workout: 60-90 Mins

Brock Lesnar's Pre Weight Training Circuit

Exercise	Sets	Reps
Wrestling & Grappling 10 Mins		
Striking (Ground & Pound) 25 Mins		
Circuit Training		
<p>Round 1: Pushing Endurance</p> <ul style="list-style-type: none"> • Spiderman Push Ups • Plyo Box Push Ups • Punching from the Mount • Tire Pushing • Hand Switching 		
<p>Round 2: Pulling Endurance</p> <ul style="list-style-type: none"> • Reclining Pull Ups • Wide Grip Pull Ups • Tire Pushing & Pulling • Jump Style Pull Ups • Heavy Bar Twirling Over Shoulders 		
<p>Round 3: Cardio Endurance</p> <ul style="list-style-type: none"> • Airdyne Biking at 70 RPM • Upper Body UBE Machine Work • Very Steep Incline Treadmill • Windsprint Biking (While Standing) • Airdyne biking at 70 RPM 		
<p>Round 4: Strength Training Endurance</p> <ul style="list-style-type: none"> • Explosive Hammer Strength Jammer Machine Training • Single Arm Sledge Hammer Work • Medicine Ball Sprawls • Bear Crawling 		
<p>Round 5: Intense</p> <ul style="list-style-type: none"> • Airdyne Biking at 70 RPM • Upper Body UBE Machine Work • Very Steep Incline Treadmill • Windsprint Biking While Standing • Airdyne Biking at 70 RPM 		



Brock Lesnar MMA Workout

Day 1: Chest & Triceps

Exercise	Sets	Reps
Bench Press	6	12
Incline Dumbbell Bench Press	4	10
Dumbbell Fly	3	8
Cable Crossovers	3	8
Tricep Dip	4	10
Cable Tricep Extensions	4	10
Skullcrushers	3	10

Day 2: Back & Biceps

Exercise	Sets	Reps
Wide Grip Pull Up	4	6
Medium Grip Pull Up	4	6
Narrow Grip Pull Up	4	6
Seated Cable Row	4	6
Stiff Leg Deadlift	4	6
Deadlift	4	6
Preacher Curl	4	12
Hammer Curl	3	10
Incline Dumbbell Curl	3	10

Day 3: Shoulders

Exercise	Sets	Reps
Military Press	4	10
Seated Dumbbell Press	3	10
Dumbbell Front Raise	3	10
Dumbbell Lateral Raise	3	10
Smith Machine Upright Row	4	6
Barbell or Dumbbell Shrug	4	6

Day 4

Exercise	Sets	Reps
Leg Extension	3	10
Leg Curl	3	10
Smith Machine Narrow Stance Squat	4	6
Smith Machine Squat	4	6
Smith Machine Wide Stance Squat	4	6
Leg Press	4	6
Stiff Leg Deadlift	4	6