



THE TOOLS YOU NEED TO BUILD THE BODY YOU WANT®



Store



Workouts



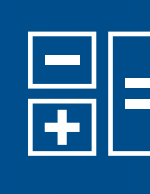
Diet Plans



Expert Guides



Videos



Tools

CHADWICK BOSEMAN INSPIRED WORKOUT: TRAIN LIKE BLACK PANTHER

Work out like Chadwick Boseman with this Black Panther Inspired Workout Program. This workout program combines strength, combat, and flexibility training.

Link to Workout: <https://www.muscleandstrength.com/workouts/chadwick-boseman-workout-program>

Main Goal: Lose Fat

Training Level: Intermediate

Program Duration: 8 Weeks

Days Per Week: 5-7 Days

Time Per Workout: 30-60 Mins

Equipment: Barbell, Bodyweight, Dumbbells

Author: Josh England

Day 1: Full Body Strength Circuit

Exercise	Sets	Reps
1. Deadlift	3 - 5	6 - 8
2a. Push Up	3 - 5	8 - 15
2b. Bodyweight Walking Lunge	3 - 5	Distance
2c. Pull Up	3 - 5	8 - 15
2d. Dumbbell Overhead Press	3 - 5	6 - 8
2e. Plank	3 - 5	20 Secs

Follow your workout with some light combat training. Working on striking, holds, sprawling, etc would be a great fit on your strength training days.

Day 2: Cardio

Exercise	Sets	Reps
----------	------	------

Perform 30-45 minutes of steady state cardio aimed to improve the distance traveled during that time frame each week.

Alternatively, you can perform 15 minutes of HIIT cardio (and/or 20 minutes of plyometric drills) if you're an individual who is short on time.

If you have the ability to, you could also perform combat training on this day instead of cardio. Active sparring would be the best approach on non-strength training days.

Day 3: Full Body Strength Circuit

Exercise	Sets	Reps
1. Bent Over Row	3 - 5	6 - 8
2a. Air Squat	3 - 5	8 - 15
2b. Dip	3 - 5	8 - 15
2c. Chin Up	3 - 5	8 - 15
2d. Push Up	3 - 5	8 - 15
2e. Ab Crunch	3 - 5	8 - 15

Follow your workout with some light combat training. Working on striking, holds, sprawling, etc would be a great fit on your strength training days.

Day 4: Active Recovery

Exercise	Sets	Reps
----------	------	------

Be active by performing something you enjoy. Some excellent options are to play a sport, perform yoga and meditation, or even going on a lengthy walk.

You could also perform speed and agility drills if you choose.

Day 5: Full Body Circuit

Exercise	Sets	Reps
1. Squat	3 - 5	6 - 8
2a. Dumbbell Bench Press	3 - 5	6 - 8
2b. Lateral Raise	3 - 5	8 - 15
2c. Step Ups	3 - 5	8 - 15
2d. Band Pull Apart	3 - 5	8 - 15
2e. Leg Raises	3 - 5	8 - 15
3. 10 - 15 min Freestyle*	-	-

* Perform exercises and hit what you need to. (your favorite exercises or needed target areas)

Follow your workout with some light combat training. Working on striking, holds, sprawling, etc would be a great fit on your strength training days.

Day 6: Cardio

Exercise	Sets	Reps
----------	------	------

Perform 30-45 minutes of steady state cardio aimed to improve the distance traveled during that time frame each week.

Alternatively, you can perform 15 minutes of HIIT cardio if you're an individual who is short on time.

If you have the ability to, you could also perform combat training on this day instead of cardio. Active sparring would be the best approach on non-strength training days.

Day 7: Active Recovery

Exercise	Sets	Reps
----------	------	------

Be active by performing something you enjoy. Some excellent options are to play a sport, perform yoga and meditation, or even going on a lengthy walk.

You could also perform speed and agility drills if you choose.