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DAVE BAUTISTA INSPIRED WORKOUT: TRAIN LIKE DRAX THE DESTROYER

Work out like Guardians of the Galaxy's Drax the Destroyer with this Dave Bautista inspired workout program! Read on and start building beastly muscle!

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

Main Goal: Build Muscle

Training Level: Advanced

Program Duration: 12 Weeks

Days Per Week: 6 Days

Time Per Workout: 45-70 Mins

Equipment: Barbell, Bodyweight,

Cables, Dumbbells, EZ Bar,

Machines

Author: Josh England

Dave Bautista Workout Day 1: Back & Shoulders

Exercise	Sets	Reps
1. Bent Over Row	5	8 - 10
2. Machine Pull Down	4	6 - 8
3. One Arm Dumbbell Row	4	8 - 10 Each
4. Machine Shoulder Press	4	6 - 8
5a. Bent Over Lateral Raise	3	12
5b. Machine Lateral Raise	3	12

Dave Bautista Workout Day 2: Chest & Arms

Exercise	Sets	Reps
1. Machine Chest Press	5	10 - 12
2. Incline Dumbbell Bench Press	5	10 - 12
3a. Pec Deck	4	10 - 12
3b. Push Up	4	15 - 20
4. One Arm Tricep Extension	3	12 - 15 Each
5. Preacher Curl	4	8 - 10
6. Incline Dumbbell Curls	3	12 - 15

Dave Bautista Workout Day 3: Legs

Exercise	Sets	Reps
1. Hack Squat	5	6 - 10
2. Conventional Deadlift	4	6 - 8
3. Leg Press	4	8 - 10
4a. Lying Leg Curl	3	12 - 15
4b. Leg Extension	3	12 - 15
5a. Standing Calf Raise	3	12 - 15
5b. Seated Calf Raise	3	12 - 15

Dave Bautista Workout Day 4: Off

Exercise	Sets	Reps
Dave Bautista typically performs his workouts in a 3 days on 1 day off fashion. Be sure to take a rest day after this program's day 3 and 7 workouts.		
Given the high volume of this program, you shouldn't try to add anything additional to this program.		
Use your off days to perform soft tissue work (SMR) and light recovery walks to get the blood flowing to your muscles to help promote recovery.		

Dave Bautista Workout Day 5: Back & Shoulders

Exercise	Sets	Reps
1. Push Press	5	8 - 10
2. Lateral Raise	4	10 - 12
3. Face Pull	3	12 - 15
4. Pull Up	4	8 - 10
5. Machine Row	4	12 - 15
6a. Straight Arm Pull Down	3	12 - 15
6b. Cable Shrug	3	12 - 15

Dave Bautista Workout Day 6: Chest & Arms

Exercise	Sets	Reps
1. Dumbbell Bench Press	5	8 - 10
2. Incline Machine Bench Press	4	10 - 12
3a. Cable Fly	4	12 - 15
3b. Dips	4	8 - 10
4. Skullcrusher	4	12 - 15
5. Cable Curls	4	12 - 15

Dave Bautista Workout Day 7: Legs

Exercise	Sets	Reps
1. Squat	5	6 - 10
2. Romanian Deadlift	4	8 - 10
3. Standing Leg Curl	3	12 - 15
4. Bodyweight Squat	3	12 - 15
5. Walking Lunge	4	20 Yards
6a. Calf Press	3	12 - 15