



THE TOOLS YOU NEED TO BUILD THE BODY YOU WANT®



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INTERMEDIATE BOXING / MMA WORKOUT

A 6 day routine based on two compound weight days and four days intense cardio. This workout is for intermediates. Novices should do a 12 week beginners routine first.

Link to Workout: <https://www.muscleandstrength.com/workouts/intermediate-boxing-mma-workout.html>

Main Goal: Build Muscle
Training Level: Intermediate
Program Duration: 12 Weeks
Days Per Week: 6 Days

Time Per Workout: 60-75 Mins
Equipment: Barbell, Bodyweight, Dumbbells, Machines
Author: Thomas Schultz

Monday: Weight Training

Exercise	Sets	Reps
Legs		
Squats	4	15 - 20
Leg Press	4	15 - 20
Leg Curls	4	15 - 20
Calf Raises	5	15 - 20
Back		
Pull Ups	4	15 - 20
Lat Pulldown	4	15 - 20
Seated Row	4	15 - 20
One Arm Dumbbell Row	4	15 - 20
Hyperextensions	4	15 - 20
Grip Strength		
Hand Grips	4	30 (Slow Reps)

Tuesday: Cardio & Bag / Pad Training

Exercise	Sets	Reps
Fighting Practice		
30 Mins Fighting Practice Using Bags or Pads.		
Example of practice for Boxing:		
<ul style="list-style-type: none"> • 3 Mins of Quick Jabs & Strikes • 1 Min rest • 3 Mins Heavy Strikes • 1 Min rest • 3 Mins Freestyle Combos 		
Repeat as many times as possible, and push it!		
Follow Fighting Practice w/ a 30 Min Jog.		

Wednesday: Martial Arts & Cardio

Exercise	Sets	Reps
Fighting Practice & Cardio		
45 Mins Fighting Practice.		
Example for Martial Artists:		
<ul style="list-style-type: none"> • Loosen up by moving through the combinations of your preferred style (Karate = Kata) • 30 Secs rest • 3 Mins Quick Strikes on bag • 1 Min rest • 3 Mins of Heavier Strikes • 1 Min rest • 3 Mins Freestyle Combos. 		
Repeat as many times as possible, and push it!		
Follow Fighting Practice w/ 100 - 200 M Sprints.		

Thursday: Weight Training

Exercise	Sets	Reps
Chest		
Bench Press	4	15 - 20
Incline Dumbbell Press	4	15 - 20
Shoulders		
Military Press	4	15 - 20
Dumbbell Press	4	15 - 20
Upright Rows	4	15 - 20
Shrugs	4	15 - 20
Triceps		
Dips	4	15 - 20
Close Grip Bench Press	4	15 - 20

Friday: Cardio & Bag / Pad Training

Exercise	Sets	Reps
Fighting Practice		
30 Mins Fighting Practice Using Bags or Pads.		
Example of practice for Boxing:		
<ul style="list-style-type: none"> • 3 Mins of Quick Jabs & Strikes • 1 Min rest • 3 Mins Heavy Strikes • 1 Min rest • 3 Mins Freestyle Combos 		
Repeat as many times as possible, and push it!		
Follow Fighting Practice w/ a 30 Min Jog.		

Saturday: Martial Arts & Cardio

Exercise	Sets	Reps
Fighting Practice & Cardio		
45 Mins Fighting Practice.		
Example for Martial Artists:		
<ul style="list-style-type: none"> • Loosen up by moving through the combinations of your preferred style (Karate = Kata) • 30 Secs rest • 3 Mins Quick Strikes on bag • 1 Min rest • 3 Mins of Heavier Strikes • 1 Min rest • 3 Mins Freestyle Combos. 		
Repeat as many times as possible, and push it!		
Follow Fighting Practice w/ 100 - 200 M Sprints.		