

COMBAT SPORT EVENTS

4 DAY WORKOUT SPLIT

WEIGHTLIFTING + BOXING

Day 1

Back, Biceps and Traps

Exercise	Sets	Reps
Wide Grip Pull Up or Lat Pull Down	3	10-12
One Arm Dumbbell Row	3	8-12
Barbell Row	3	8-12
Front Bar raises for traps	5 min	Burn
Standing Dumbell Curls	3	10-12

Day 2

Boxing

Exercise	Sets	Time
Warm up	1	5 min
Skipping	1	3 min
Heavy Bag	4	3 min
Cool Down/Stretch	1	5-10min
Ab Crunches/Leg raises	3	20-25reps

Day 3

Chest, Triceps and Legs

Exercise	Sets	Reps
Bench Press	3	6-10
Incline Dumbbell Bench Press	3	8-12
Squats with Dumbbell	3	10-12
Leg Press	3	8-10
Overhead press	3	8-10
Deadlifts	3	8

Day 4

Boxing

Exercise	Sets	Time
Warm up	1	5 min
Skipping	1	3 min
Heavy Bag	4	3 min
Cool Down/Stretch	1	5-10min
Ab Crunches/Leg raises	3	20-25reps