BLACK BELT WHITE HAT
FITNESS & MMA

THE COMPLETE WEEK

7-DAY GYM WORKOUT PLAN

A full week of structured training — push, pull, legs and conditioning — built to add strength and muscle while keeping you athletic. Print it, pin it to the fridge, tick off every session.

7	6	45–60	All
DAYS	SESSIONS	MINS / DAY	LEVELS

FREE TRAINING DOWNLOAD

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READ THIS FIRST

THE GAME PLAN

This is a 7-day split that rotates push, pull and legs, then layers in an upper/lower week-end block with a conditioning day inspired by fight-camp work. Train hard on the six working days, respect the recovery day, and progress the loads each week.

DAY 1
Push
Chest · Shoulders · Triceps

DAY 2
Pull
Back · Biceps · Rear Delts

DAY 3
Legs
Quads · Hamstrings · Glutes

DAY 4
Conditioning
Engine · Core · Mobility

DAY 5
Upper Power
Chest & Back Strength

DAY 6
Lower & Core
Posterior Chain · Abs

THE RULES

01 WARM UP EVERY TIME
5 minutes of light cardio plus the listed prep sets. Cold muscles don't perform.

02 LEAVE 1–2 REPS IN THE TANK
Stop a rep or two before failure on working sets. Clean form beats ego.

03 PROGRESSIVE OVERLOAD
Beat last week — add a rep or a little weight whenever you can.

04 REST AS PRESCRIBED
Big lifts need 2–3 min. Rushing recovery kills your strength.

05 EAT & SLEEP FOR IT
Protein at every meal, 7–9 hours of sleep. That's where you grow.

06 LOG YOUR SESSIONS
Write down weights and reps. What gets measured gets improved.

01

PUSH DAY

Chest · Shoulders · Triceps

PRESSING STRENGTH & UPPER-BODY SIZE

WARM-UP // 5 min cardio · arm circles & band pull-aparts · 2 light ramp-up sets on the first press.

EXERCISE	SETS	REPS	REST	NOTES
Barbell Bench Press or Dumbbell Bench	4	6–8	2–3 min	Main lift. Control the descent, drive hard.
Seated Dumbbell Shoulder Press	3	8–10	90 s	Press overhead, don't flare elbows.
Incline Dumbbell Press	3	10–12	90 s	Targets upper chest.
Cable Lateral Raise or Dumbbell	3	12–15	60 s	Lead with the elbows for wider delts.
Triceps Rope Pushdown	3	12–15	60 s	Full lockout, squeeze at the bottom.
Overhead Triceps Extension	2	12–15	60 s	Deep stretch at the top.

COACH Your bench weight sets the tone for the week. Pick a load you can own for all 4 sets of 6–8 with a rep in reserve, then chase one extra rep next week.

02

PULL DAY

Back · Biceps · Rear Delts

A WIDE, STRONG, ATHLETIC BACK

WARM-UP // 5 min cardio · scapular pull-ups & band rows · 1–2 light sets of your first pull.

EXERCISE	SETS	REPS	REST	NOTES
Pull-Ups or Lat Pulldown	4	6–10	2 min	Add weight or use a band to assist.
Barbell Bent-Over Row	4	8–10	2 min	Flat back, pull to the lower ribs.
Seated Cable Row	3	10–12	90 s	Squeeze shoulder blades together.
Face Pull	3	15–20	60 s	Great for posture & healthy shoulders.
Dumbbell Bicep Curl	3	10–12	60 s	No swinging — strict reps.
Hammer Curl	2	12–15	60 s	Builds forearms & grip.

COACH Think "elbows to pockets" on every row and pulldown — drive with the back, not the arms. Grip strength here carries straight over to clinch and grappling work.

03

LEG DAY

Quads · Hamstrings · Glutes

POWER, DRIVE & A SOLID BASE

WARM-UP // 5 min bike · bodyweight squats, lunges & hip openers · 2–3 ramp-up sets of squats.

EXERCISE	SETS	REPS	REST	NOTES
Barbell Back Squat	4	6–8	3 min	Depth & control. The king of leg lifts.
Romanian Deadlift	3	8–10	2 min	Hinge at the hips, feel the hamstrings.
Bulgarian Split Squat	3	10 / leg	90 s	Fixes imbalances, builds single-leg power.
Leg Press	3	12–15	90 s	Push through mid-foot, don't lock out hard.
Seated / Lying Leg Curl	3	12–15	60 s	Hamstring isolation.
Standing Calf Raise	4	15–20	45 s	Full stretch and pause at the top.

COACH Don't skip it. Strong legs power everything — sprints, kicks, takedowns and every big lift. If squats are new to you, master bodyweight and goblet squats before loading the bar.

04

CONDITIONING

Engine · Core · Mobility

FIGHT-CAMP CARDIO & A BULLETPROOF CORE

WARM-UP // 3 rounds easy skipping or jog · dynamic mobility for hips, shoulders & spine.

BLOCK	ROUNDS	WORK	REST	NOTES
Shadow Boxing / Bag Work	5	3 min	60 s	Light, sharp, keep moving. Brand-signature cardio.
Kettlebell Swings	4	20 reps	45 s	Explosive hips — power & conditioning in one.
Rowing / Assault Bike Intervals	6	30 s hard	60 s	All-out efforts, full recovery between.
Hanging Knee Raise	3	12–15	45 s	Control the swing — abs, not momentum.
Plank	3	45–60 s	45 s	Squeeze glutes, don't let the hips sag.

OPTIONAL FINISHER // 100 skips + 25 sit-ups + 25 push-ups as fast as clean form allows. Log your time and try to beat it next week.

COACH This is your "active" middle of the week — it builds the gas tank without frying your lifting muscles. Keep intensity high but movements low-impact on the joints.

05 UPPER POWER
Chest & Back Strength

HEAVIER LOADS, LOWER REPS

WARM-UP // 5 min cardio · band work for shoulders · 2–3 progressive ramp-up sets of overhead press.

EXERCISE	SETS	REPS	REST	NOTES
Standing Overhead Press	4	5–6	2–3 min	Brace the core, press strict. Pure strength.
Weighted / Close Pull-Up	4	5–8	2 min	Add load as you get stronger.
Incline Barbell Press	3	8	2 min	Upper-chest power.
Chest-Supported Row	3	8–10	90 s	Strict, no body english.
Dips or Machine Press	3	8–12	90 s	Lean forward for chest, upright for triceps.
Barbell / EZ-Bar Curl	3	8–10	60 s	Heavier biceps work than Day 2.

COACH Lower reps, heavier bars. This day builds the raw strength that makes your higher-rep days feel easier. Warm up thoroughly before the top sets.

06

LOWER & CORE

Posterior Chain · Abs

HAMSTRINGS, GLUTES & A STRONG TRUNK

WARM-UP // 5 min bike · glute bridges & leg swings · 2 ramp-up sets of deadlifts.

EXERCISE	SETS	REPS	REST	NOTES
Deadlift conventional or trap-bar	4	5	3 min	Flat back, full-body tension. Leave reps in reserve.
Front Squat / Hack Squat	3	8–10	2 min	Quad-focused, stay upright.
Hip Thrust	3	10–12	90 s	Full lockout, squeeze the glutes hard.
Walking Lunges	3	12 / leg	90 s	Long strides, control each step.
Cable Woodchopper	3	12 / side	45 s	Rotational power for striking & grappling.
Ab Wheel / Weighted Crunch	3	10–15	45 s	Keep the core braced, no lower-back arch.

COACH If you're new to deadlifts, start light and groove the pattern — hinge at the hips and keep the bar close. A strong posterior chain protects your back and powers every explosive movement.

07

RECOVERY

Rest & Mobility

WHERE THE GAINS ACTUALLY HAPPEN

A full training week earns a full recovery day. You don't grow in the gym — you grow when you rest. Keep it light, move the body gently, and set yourself up to attack next week stronger.

ACTIVE RECOVERY

- 20–30 min easy walk or light cycle
- 10–15 min full-body stretching or yoga flow
- Foam roll quads, back, calves & glutes
- Light technique work or mobility drills

RECOVER RIGHT

- Aim for 7–9 hours of quality sleep
- Hit your protein target across the day
- Hydrate — 2–3 litres of water
- Review your training log & plan next week

SWAP OPTION // Prefer to train 5 days? Move this recovery day to wherever you need it and combine Days 5 & 6 — listen to your body over the calendar.

COACH Soreness is normal; sharp pain is not. If something hurts in a joint, back off and get it checked. Consistency across months beats smashing yourself for one week.

WHAT NEXT

MAKE IT COUNT

WK 1–2	**Learn the lifts.** Nail your form and find working weights that leave 1–2 reps in reserve.
WK 3–4	**Add reps.** Push toward the top of each rep range before adding weight.
WK 5–6	**Add load.** Nudge the weight up on the big lifts once you hit the top reps on all sets.
WK 7–8	**Deload & reassess.** Take an easier week, then retest your key lifts and repeat stronger.

TRAIN SMART. HIT HARD.

For more free workout plans, MMA breakdowns, supplement reviews and diet guides, head to the blog.

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Disclaimer: This plan is for general information and educational purposes only and is not medical advice. Consult a qualified doctor or healthcare professional before starting any new exercise programme, especially if you have an injury or health condition. Train within your ability and use a spotter where appropriate. © Black Belt White Hat.