

POWER RANGERS WORKOUT ROUTINE



BONUS PDF FILE

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 **SUPERHERO**  **JACKED** 

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The information provided in this book is based upon my experiences as well as my interpretations of the current research available.

The advice and tips given in this course are meant for healthy adults only. You should consult your physician to insure the tips given in this course are appropriate for your individual circumstances.

If you have any health issues or pre-existing conditions, please consult with your physician before implementing any of the information provided in this course.

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Power Rangers Workout Routine

Training Volume:

5 Days – 2 of which will be cardio or activity days

Day One: Legs and Core

Warm Up:

Stretch

800m jog

3×10 Dips

3×10 Push Ups

3×10 Pull Ups

3×10 Air Squats

Workout:

Non Stop Circuit

60 Box Jumps

50 Lunges w/ Dumbbells

40 Jump Squats

30 Mountain Climbers

20 V-Ups

10 Burpees

Day Two: Cardio or Activity Training

Choose between 45-60 minutes of cardio or alternative activity.

Alternative activity (aka Cager): MMA training, yoga, pilates, hiking, sports, cycling, etc.

Day Three: Full Body Circuit

Warm Up:

Stretch

800m jog

3×10 Dips

3×10 Push Ups

3×10 Pull Ups

3×10 Air Squats

Workout:

5 Rounds of:

25 Dumbbell Curl Step Ups

15 V-Ups

10 Plank to Push Ups

5 Man Makers

Day Four: Cardio or Activity Training

Choose between 45-60 minutes of cardio or alternative activity.

Alternative activity (aka Cager): MMA training, yoga, pilates, hiking, sports, cycling, etc.

Day Five: Upper Body

Warm Up:

Stretch

800m jog

3×10 Dips

3×10 Push Ups

3×10 Pull Ups

3×10 Air Squats

Workout:

12 Minutes EMOM

10 Clean and Squats

Remaining Time Jump Roping