

# RONDA ROUSEY

# WORKOUT ROUTINE



## BONUS PDF FILE

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 **SUPERHERO**  **JACKED** 

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# Ronda Rousey

## Workout Routine:

### Training Volume:

3-5 days

### Explanation:

Rousey's Workout Routine is formatted a bit different than what we're used to seeing. I'm going to be giving you ONE Day to utilize. You will need to customize this 3-5 days a week, while also incorporating yoga, hiking, sports, and other forms of activity within your training as well.

## Ronda Rousey Training Format

### Warm Up:

Stretching

Warm Up Punches and Kicks

10 Minutes of Jump Rope

### Workout

Heavy Bag Work: Striking and Wrestling

12 rounds of simulating take-downs on the bag while punching, wrestling and changing directions every 90 seconds.

In the ring with the trainer:

Using boxing gloves, Rousey unleashes a series of punches against her trainer's mitted hands.

The glove work usually lasts from 10-15 rounds of 3-5 minutes.

Tarverdyan said Rousey has been known to do 60 minutes of boxing without a break.

**\*\*Keep in mind the quotes from Tarverdyan we looked at earlier.\*\***

**“Cooldown”**

3x10 Assisted Chin Ups

3x15 Bosu Ball Squat and Press

3x20 Medicine Ball Pylo Push Ups

High Intensity Ab Work

OR

2000 Crunches