

The Moon Knight Workout Routine



Bonus PDF File
By: **Mike Romaine**



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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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The Moon Knight Workout Routine

Training Volume:

5 days per week

Explanation:

Unlike the other routines where I give a breakdown on terminology here, Coach Derek has done most of the explaining within the routine itself. If you have questions, don't hesitate to comment below.

Day 1: Sand and Sweat

Warm up:

Skip ¼ mile

Bear Crawl 300 ft

Ali Shuffle with sandbag (press sandbag up, press sandbag out while shuffling feet front to back) 30 Seconds

Workout:

(Sandbag required)

Lunar phase 1, Crescent Moon:

Back Squat with sandbag 5×10

Good Mornings with sandbag 4X25

Bench Press with sandbag 5X 25

Shoulder Press with Sandbag 5X 25

Lunar phase 2 Half Moon :

Clean and Press with sandbag 4X 25

Bicep Curl with Sandbag 4X25

Shoveling 1 minute each side

Lunge with twist 25 each side

Lunar Phase 3: Full Moon

Around the world 30 Seconds

Woodchops with sandbag 30 seconds each side

Russian Twist with sandbag 50 Sets

Rotational Twist (hug sandbag rotate upper torso back and forth) 100 reps

Day 2: Fist Of Khonshu

Neck Strengthening:

Moon Knight is known to rather take a punch than block or slip it, while we dont condone that here at SHJ here are some drills to strengthen your neck to build punch resistance

Neck Bridges 3 X15

Shrugs to Failure:

Put a weight ranging from 2- 10 lbs in a Pillowcase

Clinch the Pillowcase in your teeth , nod “Yes” for 50 reps and turn your head as if to say ” no” for 50 reps

Add Bonus Shadow box or Hit Heavy Bag with Tennis ball Under your chin to practice keeping your chin down

Boxing is about movement first, position second.

Always land or push off using the balls of your feet.

It's not about being on the balls of your feet all the time, it's about USING the balls of your feet all the time.

(When moving Right Push off left foot, when moving Left push off the right, Grip the ground with your toes)

Boxing and other combat sports are all about strategically using:

Timing

Rhythm

Distance /Angles

KEEP YOUR HANDS UP !!

Striking Table :

1. Jab
2. Cross (Power)
3. Hook (with lead or rear)
4. Uppercut
5. Left Upper Cut
6. Right Uppercut

Defense Table:

Slip, (Right or Left, Used for straight punches Jab & Cross)

Fade (Used for straights, uppercuts)

Bob n weave, Right or Left (Used for hooks)

Foot Work Table:

Enter

Exit

Shuffle

Pivot

Shadow boxing Table :

Incorporate strikes, defense, combinations and movement,

Heavy bag Table:

Pay attention to positioning, distance, as well as adjusting to the resistance of the bag

The Workouts:

Always incorporate 5-30 Minutes of Jump Rope for a warm up

On Bag or Shadowboxing for allotted time combine all elements of above tables. Use your body movement to position the set up of which strike to throw. Keep your hands up, move around ,and most importantly , remember to breathe. Be creative and have fun!!

Example:

1 – Slip Left-3-2-Slip R

1-Slip Left-Slip Right-2-slip R

1-2 Slip right-2

2-1-2 Slip Right Bob N weave Left

3- slip left-slip right -6-3-2

1-2-Slip Right -Slip Left 5-2 -Slip R

1-2-1-2 Fade-2-3

3- Bob N Weave Left 3-2

1-2-Bob N weave R -2

2-3-2-Slip Left -Bob N weave Right 2-3

Focus Mitts with Partner:

1. Verbal call-out
 - Call out *JAB!* and flash them the mitt, or call out *DOUBLE-JAB!,CROSS!
1. Auto-response
 - don't say anything, simply flash them the mitt and they are supposed to hit it as soon as possible.
 - You can flash one mitt and then as soon as they hit it, you flash them the other mitt.
1. Defense then counter
 - You call out a defense maneuver then give him the counter-jab opportunity. (EX: call out *SLIP, THEN JAB*, *SLIP & JAB TO THE BODY*
 - There can also be moments where you throw a punch at them without calling it out. Make sure they are ready to defend at all times.
 - Then throw a punch at them and immediately afterwards flash them a counter-jab opportunity.
1. Everything together now (verbal, auto, and defense)
 - You call out *JAB!*, then throw a counter at them after they punch, then quickly flash them a counter-jab opportunity.
 - You call out a jab to the head or body, then give them another jab opportunity, then throw a counter at him at the end to test their defense.
1. Combination punching drills (TECHNIQUE & POWER)

This is where beginners start to have fun but can get a little careless. The most important thing is to stay ready and relaxed at all times. Practice good punching technique . Power comes from relaxed effortless release, not because you shove all your might through every punch. Also important to snap your punches, instead of pushing them through.

When calling out combinations, call out numbers since it's faster than yelling, "JAB, RIGHT CROSS, LEFT HOOK, RIGHT CROSS!"

Day 3: Gymnastics

Warm up

30 Seconds each, repeat 3 times

High Knees

Inchworms

Lunges

Burpees

On Bar or Gymnastic rings:

Repeat 3 times

5 Wide grip pull up slowly

5 Toe to bars slowly

30 second hang with arms slightly bent

5 Handstand push ups (against wall or beam)

Core:

Repeat 3 times

Plank 1 minute

Side Plank left side 1 minute

Side plank right side 1 minute

Hollow rock 1 Minute

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Day 5: Conditioning Tabata

Warm up: Suicide sprints 3 Minutes

30 Minutes Straight tabata (no rest) Move from one exercise to next without stopping until 30 minutes are complete

25 Resistance band Pushups

5 Chin ups

25 Diamond push ups

25 Resistance band curls

20 Reverse Lunge each leg

5 Pull ups

3 Minute Shadow Boxing

30 Ab Scissor Kicks

30 Ab Flutter Kicks

15 V-ups