

# The Punisher Workout Routine



Bonus PDF File  
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# The Punisher Workout Routine

Training Volume:

5 days

Explanation (what **Coach Derek** tells us about the training):

His base of operations always moves and he is constantly on the run. Frank is not going to have a lot of equipment. He will be utilizing what he learned in the Marines along with what he did in the confined areas of a prison cell & bunkers along with makeshift weights, and sandbags to stay on his game.

*The War goes on.....*

## Day 1: Swings and EMOMS

Warm up:

5-15 minutes Sledgehammer swings ( on tire if available)

Workout:

Every Minute on the minute (EMOM)

10 Minutes (EMOM) 10 pullups with towel or chin ups with towel

10 Minutes (EMOM) 20 Diamond push ups

10 Minutes (EMOM) 30 High Knees

10 Minutes (EMOM 40 Punches ( jab, cross uppercut, hook)

10 Minutes (EMOM ) 50 Crunches

Finisher 3 x 15 Burpees

## Day 2: Bricks & Cinderblocks

Warm up:

Run in place 5 minutes

Workout:

Skull crushers with Cinder Block 4×10

Handstand Pushups 4×8

Burpee to Pushup 4×10

Shoulder raise with cinder blocks 4×12

Bicep Curl with Cinderblock 4 x12 each arm

Pushup on cinderblock 5×25

Mountain Climbers on Cinderblock 3×40 (each leg)

Dips on Cinder block 4×20

Rotational twist with cinderblock 50 each side

Finisher:

Weighted shadow boxing (holding bricks ) 5 x 2 minute rounds with 1 minute rest in between

## Day 3: Marine Basic Training (PFT)

3 mile run

100 situps in 2 minutes

100 pushups in 2 minutes

20 pullups in 2 minutes

75 Squats with Sandbag

50 Jumping jacks

100 russian twist

5 push ups ( slow down , fast up)

1 minute downward dog

15 vups

10 lunges per leg

20 bird dogs

30 calf raises

30 second plank

50 crunches

## Day 4 Activity Day:

Engage in or combine any of these activities:

Run with Sledgehammer, weighted bar or bricks ( to simulate weapon and ammo carry)

100 yard low crawl

Zig zag Sprints

Obstacle course

Dynamic movement when running (to build ability to change direction, smoothly and effectively)

Practice Rapidly changing Body positions (from standing to kneeling, prone to standing, ducking, crouching and squatting)

Climbing activity, ladders, stairs, etc.

Hand to hand combatives: (Practice low kicks, knee strikes, knees to groin, elbows, open hand strikes to chin, open hand cupped hand to ears, throat strikes, grappling basics, arm bars & chokes from standing and ground position)

## Day 5: Sandbags and Sprints

Warm Up:

Repeat 10 times

Sprint 200 meters

10 Squat Thrusts

Walk Back

Workout: Sandbag required

With sandbag ,- Squat to Chest ( push or Basketball ) pass/press 25 reps

With Sandbag – Good Mornings to Failure

With Sandbag- Side Lunge to Front Raise 25 reps

With SandBag – Hammer Curls to Failure

With SandBag – Sumo Squat to High Pull 25 Reps

With Sandbag Rotational Twists to Failure

Cardio Finale:

Hill Sprints carrying Sandbag on Shoulder, at top of hill, Switch Sandbag to opposite Shoulder, Jog Back down hill

Repeat for 5 to 10 Minutes