

BRUCE LEE

WORKOUT ROUTINE



BONUS PDF FILE

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 **SUPERHERO** ⚡ **JACKED** 

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Bruce Lee

Workout Routine:

Training Volume:

4 days per week

Explanation:

I'm going to program you 4 days per week based on the routines that have been recreated to match Bruce Lee's own regime. That being said, you can also add in a ton more mixed martial arts if you're going to want to rank up with Lee.

Day One: Upper Body

Warm Up:

Stretch

10 minutes of jump rope

Workout:

Barbell Bench Press

4×12

Weighted Chin Up

4×10

Incline Reverse Dumbbell Flys

3×10

Incline Dumbbell Bench Press

3×10

Barbell Power Cleans

3×10

Face Pulls

3×10

Plank Rows

3×10 (each arm)

Sit Ups

3×25

Planks

3×60 seconds

Cooldown

800m jog

Day Two: Full Body and Endurance

Warm Up:

Stretch

10 minutes of jump rope

Workout:

5 Rounds for Time:

100m sprint

25 Mountain Climbers

20 Kettlebell Swings

15 Burpees

10 Pull Ups

5 Deadlifts

Core:

Sit Ups

3×25

Planks

3×60 seconds

Cooldown

1600m jog

Day Three: Rest Day or Mixed Martial Arts

You can focus on punches and kicks that I will mention below OR you can utilize coaching from [Coach Derek](#) in [The Academy](#), or even some of his awesome programming in the [Daredevil](#), [Deathstroke](#) or [Moon Knight](#) Workout Routines.

PUNCHES:

- Jab-Speed Bag, Foam Pad, Top and Bottom Bag
- Cross-Foam Pad, Heavy Bag, Top and Bottom Bag
- Hook-Heavy Bag, Foam Pad, Top and Bottom Bag
- Overhand Cross-Pad, Heavy Bag
- Combinations- Heavy Bag, Top and Bottom Bag
- Platform Speed Bag Workout

KICKS:

- Side Kick
- Hook Kick
- Spin Kick
- Rear and Front Thrust
- Heel Kick

Day Four: Lower Body

Warm Up:

Stretch

10 minutes of jump rope

Workout:

Squats

4×12

Weighted Lunges

4×10 (each leg)

Straight Leg Deadlift

3×10

Hamstring Curls

3×10

Light Front Squats

3×15

Calf Raises

3×10

Box Jumps

3×10

Sit Ups

3×25

Planks

3×60 seconds

Cooldown

800m jog

Day Five: Full Body and Endurance

Warm Up:

Stretch

10 minutes of jump rope

Workout:

5 Rounds for Time:

60 calorie run (fast pace)

50 Leg Raises

40 Push Ups

30 One Arm Dumbbell Snatches (each arm)

20 Double Unders

10 Burpees

Core:

Sit Ups

3×25

Planks

3×60 seconds

Cooldown

1600m jog

Day Six: Rest Day or MORE Mixed Martial Arts

MORE MMA TRAINING.

This is Bruce Lee we're talking about.

You should be adding in mixed martial arts training EVERY DAY, outside what I'm programming.

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