

RACHAEL TAYLOR

WORKOUT ROUTINE



BONUS PDF FILE

By: Mike Romaine

 **SUPERHERO**  **JACKED** 

Copyright Notice

No part of this report may be reproduced or transmitted in any form whatsoever, electronic, or mechanical, including photocopying, recording, or by any informational storage or retrieval system without expressed written, dated and signed permission from the author. All copyrights are reserved.

Disclaimer and/or Legal Notices

The information provided in this book is for educational purposes only. I am not a doctor and this is not meant to be taken as medical advice.

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.

This product is for informational purposes only and the author does not accept any responsibilities for any liabilities or damages, real or perceived, resulting from the use of this information.

Rachael Taylor

Workout Routine:

Training Volume:

3+ days per week

Explanation:

We're going to utilize coaching from Coach Derek's custom MMA regime. You can also check out Deathstroke, Daredevil and Moon Knight for his custom MMA coaching as well. Utilize this and also feel free to add in activity days consisting of hiking, sports, and other fun things that get you moving.

Coach Derek's MMA Training:

Neck Strengthening:

Moon Knight is known to rather take a punch than block or slip it, while we don't 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!
- 2. 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.
- 3. 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.

4. 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.

5. 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!"