

# SCORPION

## WORKOUT ROUTINE



**BONUS PDF FILE**

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 **SUPERHERO**  **JACKED** 

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# Scorpion

## Workout Routine:

### Training Volume:

5 days per week

### Explanation:

I'm going to programming you 3 days of weightlifting and high intensity training, because above all else this is still a weightlifting/fitness site – and then I'll also be giving you 2 days of fighting MMA style programming from Coach Derek.

## Day One: Full Body Training

### Warm Up:

Stretch and Foam Roll

3×5 Pull Ups

3×10 Dips

3×15 Air Squats

3×20 Push Ups

### Workout:

Bench Press

4×12

Tricep Overhead Extension

3×10

Bent Over Rows

3×10

Shoulder Flys

3×10

Front Squats

3×10

Preacher Curls

3×10

Sit Ups

3×25

## Day Two: Daredevil Styled Fighting from Coach Derek

Matt and his father were both boxers, while its impossible and dangerous to box blindfolded, and you are most certainly guaranteed to get injured hitting a heavy bag

blindfolded, let's focus on defensive maneuvers to give you that Daredevil like "Radar Sense" to avoid blows

## **Head Movement:**

Crucial not only in Boxing, but all forms of combat. Used primarily not just to avoid, but to set up your strikes. A moving target is much more difficult to hit. The best way to practice this is with a partner using pool noodles. Have your partner swing at your head in straight and curved motions, simulating straights, uppercuts and hooks. Doing this injury free drill will assist in turning flinching into slips, Parrys, Shoulder rolls, and bob n weaves

## **Bob n Weave to the Right or Left**

Best Used when you're approaching and getting into range. As soon as your opponent throws a punch, you quickly bend at the knees (not your waist) and move your head (like in a "V" or "U" shaped motion) stepping to the outside of the punch. Remember to keep your weight centered at all times. If you've done it correctly, you should end up on the outside of your opponent's punch when you come back up,

## **Advantages:**

- Off opponents' center line
- Able to counter quickly
- Loaded for powerful counters

## **Disadvantages:**

- Not effective on straight punches
- Wide open if faked
- Not effective for Uppercuts or multi combos

## **The Parry**

Slightly deflecting your opponent's punch away with your hand using the same side (when they throw a left you Parry with your right and vice versa) Never Reach across!!

## **Advantages :**

- great for power , straight and long punches as well as push punches
- creates vulnerability for counters, make them off balance or slows down arm recovery
- tires opponents, especially long-armed and power-punchers
- useful for shorter fighters to deflect punches to get inside

### **Disadvantages:**

- ineffective against fast/light/non-committed punches,& curved punches
- not always effective against combinations
- can leave you open if you get faked
- difficult to do at close range
- not helpful against body punches

### **Shoulder Roll or Fade Right or Left side**

The shoulder roll is naturally the next step up from the parry technique. Instead of deflecting punches with your hands, you use your body now. The shoulder roll is incredibly effective because your body can roll off your opponent's best shots with ease ,it relies on rhythm for defense while neutralizing entire combinations at even close range.

### **Advantages:**

- effective and easy against multiple punches
- frees up the hands for faster counter punching
- covers both head and body easily
- can work when unable to see momentarily or off-balanced
- will deflect power Punches even when they land
- saves shoulder energy & gives tricky counter angles

### **Disadvantages:**

- ineffective/unnecessary against weaker punches it can also leave you highly vulnerable if you get faked and/or roll in the wrong direction
- less effective in cross-stance , extremely vulnerable to Leg kicks and take-downs in street, Thai Boxing or MMA

### **Slipping to the Right or Left**

Slipping requires complete evasion of the punch by displacing the head or body to one side, MOSTLY by going to the outside of the oncoming punch,in a " V" step ice skating motion. .

Slipping is the best way (sometimes the only way) to counter against really fast opponents. On occasion it's the only way to close distance against a taller opponent, .

### **Advantages:**

- hands and body completely free to counter instantaneously
- creates huge vulnerabilities in opponent (they are wide open after missing)
- avoids punch entirely, no contact (assuming slip was successful )
- create escapes (great way to escape when trapped in the corner)
- allows you to advance forward while defending
- complete evasion easily breaks your opponent's punching rhythm (combo-breaker)
- Used to set up position for counters

### **Disadvantages:**

- requires lots of practice and skill
- highly vulnerable if caught or faked
- not recommended against multiple punches
- ineffective against body punches

Now that we have a basic understanding, work them into your shadowboxing, focus mitt or heavy bag session. Remember your striking table

1. Jab
2. Cross
3. Hook
4. Uppercut
5. Left Upper Cut
6. Right upper cut

### **Now work on:**

Slip left, slip right

Bob n weave Left then Right

Slip Left, shoulder roll left, bob n weave left, repeat on other side.

Now add strikes, using your movement to position you.

1-2-1-2 slip Left, Slip Right

1- Shoulder roll Right -2-3-2

Bob n weave Right- 6-3-2

1- slip Left

2 -slip Right

1-2-3-4- bob n weave Right

3- bob n weave Left-3

2- slip Right -2

1-parry Right -2 Parry Left -shoulder roll Right -2

1-2-1-2- shoulder roll Right- 2-3

1-2-3 Slip Left , Rear Slip Left-Shoulder roll Left

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

Slip Left -5-4-3

### **The best defensive technique?**

Like the Super Soldier Serum, it does not exist. Use the one that fits your situation and feels the most natural in that moment. If you have to think about it too much, its not natural. Evade your opponent's punches any way that you can and be sure to counter immediately Different techniques will work against different opponent's styles. Great Fighters are forever adapting their offense to get around opponents defense, so keep changing up your defensive game to keep up



# Day Three: Full Body Training

## **Warm Up:**

Stretch and Foam Roll

3×5 Pull Ups

3×10 Dips

3×15 Air Squats

3×20 Push Ups

## **Workout:**

Back Squat

4×12

Tricep Cable Kickbacks

3×10

Lateral Pulldowns

3×10

Clean and Press

3×10

Incline Bench Press

3×10

Dumbbell Bicep Curls

3×10

Sit Ups

3×25

## Day Four: Daredevil Styled Training (or alternative)

Repeat Day Two, or do some sort of Coach Derek styled training.

You can use other programs he's created, work with him in [The Academy](#), or go ahead and take an outside MMA class as well.

And, by that I mean local!

## Day Five: Full Body Training

### **Warm Up:**

Stretch and Foam Roll

3×5 Pull Ups

3×10 Dips

3×15 Air Squats

3×20 Push Ups

**Workout:**

Deadlift

4×12

Tricep Cable Pushdowns

3×10

Arnold Press

3×10

Leg Press

3×10

Decline Chest Flys

3×10

Hammer Curls

3×10

Sit Ups

3×25