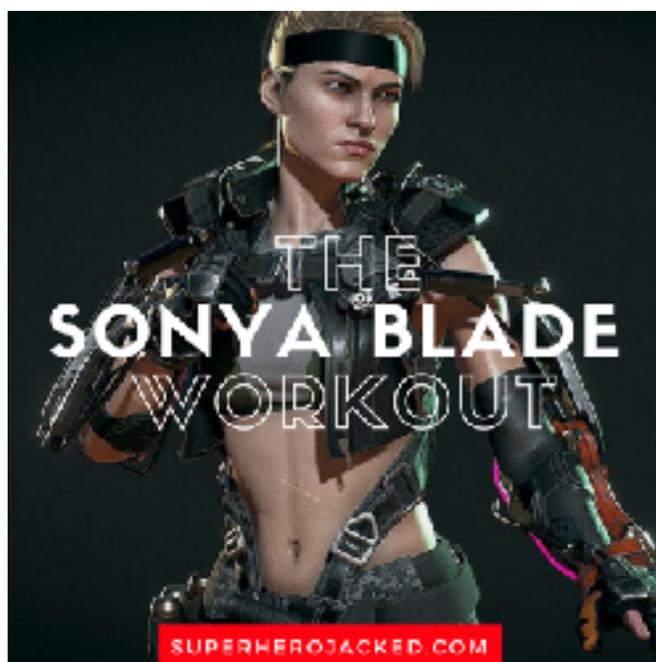


# SONYA BLADE

## WORKOUT ROUTINE



**BONUS PDF FILE**

**By: Mike Romaine**

 **SUPERHERO**  **JACKED** 

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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.

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# Sonya Blade

## Workout Routine:

### Training Volume:

5+ days per week

### Explanation:

I'm going to give you the Special Forces styled training right from the source, and then I'll also share some fighting programming from some other articles that we have, which you can implement accordingly.

## Military Training Protocol:

**Military.com** states: If Army Special Forces is your goal, here's a good starter workout that may help you reach it.

Swimming: NEVER Swim Alone

Two to three times a week, 1,000 to 2,000 meters each time.

One day a week, try to swim wearing cammies and boots for 100 meters.

Wear fins when swimming half the time as well.

## Running:

Four to five times a week, 3 to 5 miles as fast as you can.

Twice a week, do rucksack marches carrying a 30 to 50-pound load marching 5 to 15 miles at a fast walking pace.

PT: Every Other Day

Pull-ups, 75 to 100 repetitions (seven to 10 sets of 10 reps).

Push-ups, 200 to 300 repetitions (10 to 15 sets of 20 reps).

Sit-ups, 200 to 300 repetitions (five to 10 sets of 40 to 50 reps).

# Fighting MMA Training Protocol:

Coach Derek has programmed both [The Daredevil Workout](#) and [The Deathstroke Workout](#) which both feature awesome fighting MMA training.

You can also join us in [The Academy](#) and get special training tips straight from the source, OR take local classes/training near you.