

LINK

WORKOUT ROUTINE



BONUS PDF FILE

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 **SUPERHERO** ⚡ **JACKED** 

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Link Workout Routine

Training Volume:

7 days per week

Explanation:

Link doesn't stop. He's always moving and he's always in incredible condition (with the proper training). I'm going to program you condition days, performance days, and a workout routine circuit, each of which you'll perform two times per week, and on the final day it's your off day which you'll just be required to get active for!

Conditioning Day:

HIIT Treadmill Training:

20 minutes of high intensity interval training

1 minute off: walk on 2.5-3.5 mph

1 minute on: run 5.5-10 mph

Repeat on and off for 20 min

Steady Jog:

Jog 3 miles

Performance Day:

This one you're going to have to get a little creative.

You can choose to practice hand-to-hand combat programs from **Coach Derek**, you can take classes locally, or you can do it on your own.

You can even head out to a local gymnastics place and substitute that.

Either way, though, it's your job to get moving and practice MMA and gymnastics style training.

Workout Circuit:

Warm Up:

Stretch

Jog 1 mile

Workout:

1 Round for Time:

70 calorie run or row

60 Light Deadlifts

50 Mountain Climbers

40 Light Clean and Press

30 Inch Worms

20 Light Squats

10 Burpees