GREEN LANTERN WORKOUT ROUTINE



BONUS PDF FILE

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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.

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.

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Green Lantern Workout Routine:

Training Volume:

5+ days per week

Explanation:

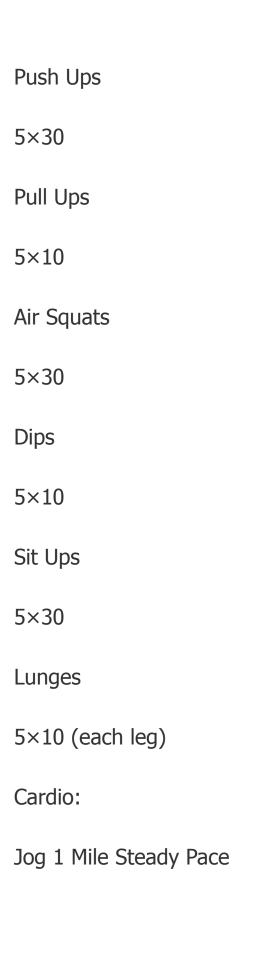
This routine is going to revolve heavily around bodyweight movements. I'm excited to be basing it off of Air Force Pilot achievements, but I also want to give you guys another bodyweight program (because so many of you guys ask for this)! I'm programming you 4 days. It's your jog to take a day off after four and then start the cycle back up again! (If you can't get in an MMA training day, which should be intense, sub it with an off-day and repeat a 3 day cycle early).

Day One:	Bodyweight	and
Cardio		

Warm L	Jp:
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Stretch

Workout:



Day Two: Bodyweight Day

Warm Up:

Stretch

Jog 800m

Workout:

This can be done in circuit format

Push Ups

10×25

Pull Ups

10×10

Air Squats

10×25

Dips

10×10

Sit Ups 10×25 Lunges 10×10 (each leg) Day Two: Cardio Day Warm Up: Stretch **Workout:** Run 3.1 miles (5k run) Day Three: Bodyweight Day Warm Up: Stretch Jog 800m

Workout:

This can be done in circuit format Push Ups 10×25 Pull Ups 10×10 Air Squats 10×25 Dips 10×10 Sit Ups 10×25 Lunges 10×10 (each leg)

Day Four: MMA Training

Air Force members and all members of the military also go through self defence training.

I cannot fully provide you that in this article, but I can give you places to go.

You can either work with Coach Derek in The Academy, utilize some of his awesome programs here (Daredevil, Deathstroke, Moon Knight), or even take a local class!