

GREEN LANTERN WORKOUT ROUTINE



BONUS PDF FILE

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 **SUPERHERO**  **JACKED** 

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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 Up:

Stretch

Workout:

Push Ups

5×30

Pull Ups

5×10

Air Squats

5×30

Dips

5×10

Sit Ups

5×30

Lunges

5×10 (each leg)

Cardio:

Jog 1 Mile Steady Pace

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!