

MING-NA WEN

WORKOUT ROUTINE



BONUS PDF FILE

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 **SUPERHERO**  **JACKED** 

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Ming-Na Wen

Workout Routine:

Training Volume:

3-5 days

Explanation:

I'm going to program you three different days worth of training that you can utilize sporadically throughout the week. I'm also going to devote a day to yoga and meditation which can be added in multiple times per week, and another to MMA and Parkour which can be added in multiple times as well.

Option One: Lower Body and Glute Concentration [Weights]

Warm Up:

Stretch

1600m jog

Workout:

Back Squat

4×12

Cable Pullthroughs

3×10

Step Ups

3×10 each leg

Weighted Bridges

3×10

Weighted Lunges

3×10

Cooldown:

15-30 min meditation or yoga

Option Two: Full Body [Weights]

Warm Up:

Stretch

1600m jog

Workout:

Front Squat

4×12

Chest Press

3×10

Arnold Press

3×10

Light Deadlift

3×10

Planks

3×60 seconds

Cooldown:

15-30 min meditation or yoga

Option Three: Full Body [Bodyweight]

Warm Up:

Stretch

1600m jog

Workout:

Air Squats

3×15

Dips

3×10

Pull Ups (or assisted)

3×10

Push Ups (or knee)

3×20

Plank to Push Ups

3×10

Cooldown:

15-30 min meditation or yoga

MMA and Parkour Training

All heroes should know how to defend themselves.

Just ask MMA Coach Derek in [The Academy](#).

Add in an extra day or two of MMA style training to take your inner Superhero unleashing to a new level.

Also check out programs on the site from Coach Derek here: [Moon Knight](#), [Deathstroke](#), [Daredevil](#).

And, what I have not been able to recommend until this article: the [Parkour Workout](#) (Nightrunner) designed by [Academy](#) member Felix!

Yoga and Meditation

Ming-Na Wen believes in meditation and has also been shown doing yoga as well.

We love yoga at SHJ.

We even have a meditation and yoga class devoted to it in [The Academy](#) (The Jedi Class), with walk through video guides.

Take a day or two and devote it to relaxing meditation or yoga. This can be done at a class, via a YouTube guide, or even in The Academy.