

# MING-NA WEN

## WORKOUT ROUTINE



**BONUS PDF FILE**

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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.