

RYU

WORKOUT ROUTINE



BONUS PDF FILE

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 **SUPERHERO**  **JACKED** 

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Ryu

Workout Routine:

Training Volume:

3-6 days per week

Explanation:

I'm going to program you calisthenics and martial arts training. You can do these on the same day (as Ryu would), OR split them up. The volume is high because we're talking about Ryu, not a mere human! Utilize the two days back to back or sleep anywhere and take breaks. If you didn't understand that reference you clearly didn't read the article...

Calisthenics Day:

Warm Up:

Stretch

10 min jog

Workout:

Break these down into smaller sets as needed

250 Push Ups

250 Air Squats

150 Dips

150 Lunges

100 Pull Ups

100 Sit Ups

Martial Arts Day

You can implement a day of training at a local gym.

That works, obviously.

OR, you can take some training methods we've seen from **Coach Derek**.

He's created **Deathstroke**, **Daredevil**, **Moon Knight**, and more!