

RYAN POTTER

WORKOUT ROUTINE



BONUS PDF FILE

By: Mike Romaine

 **SUPERHERO**  **JACKED** 

Copyright Notice

No part of this report may be reproduced or transmitted in any form whatsoever, electronic, or mechanical, including photocopying, recording, or by any informational storage or retrieval system without expressed written, dated and signed permission from the author. All copyrights are reserved.

Disclaimer and/or Legal Notices

The information provided in this book is for educational purposes only. I am not a doctor and this is not meant to be taken as medical advice.

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.

This product is for informational purposes only and the author does not accept any responsibilities for any liabilities or damages, real or perceived, resulting from the use of this information.

Ryan Potter Workout Routine

Training Volume:

3-6 days per week

Explanation:

I'm going to be giving you a breakdown of Ryan Potter's Martial Arts Program, and I'm also going to be sharing three other mixed martial arts routines from Coach Derek that you can use right here on the site.

Oh, and an obvious reminder to stay active throughout the week on top of that!

Ryan Potter's Mixed Martial Arts Training

Warm Up:

Basic Single Under Jump Rope x100

Calf Stretching x60 seconds (alternate legs)

Toe Touches x50

Double Unders x50

Flutter Kicks x100

10-15 minute stretch

Workout:

Round 1: 25% Control

Only Body Shots – 1 minute round

Round 2: 50% Control

Only Body Shots – 1 minute round

Round 3: 50-75% Control

Only Body Shots – 1 minute round

Round 4: 25% Control

Head Shots Only – 1 minute round

Round 5: 50% Control

Only Head Shots – 1 minute round

Round 6: 50-75% Control

Head AND Body Shots – 3 minute round

Workout Part 2:

5-10 minute active rest

Round House Kicks

5-10 both sides

Front Kicks

5-10 both sides

Slide Up Side Kick

5-10 both sides

Back Kicks

5-10 both sides

Spin Kick (spin hook) Accuracy Training

5-10 both sides

Finisher:

Mitt Combos (fun combos can be found in Coach Derek's routines as well)

More Mixed Martial Arts Training

All heroes should know how to defend themselves.

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

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

Feel free to also take a local class. But if you're going to be training like Potter you're going to want to get it in AT LEAST 3 times a week.

Bonus: Get Active

You need to get out there and get active on your off days. Not only to burn extra calories, but also to be a healthy-fit SuperHuman.

Go hiking, go for a brisk walk, play some sports, or get active some other way.

Have fun with it.

Also check out the [Parkour Workout](#) (Nightrunner) designed by [Academy](#) member Felix!

Potter definitely knows how to move!