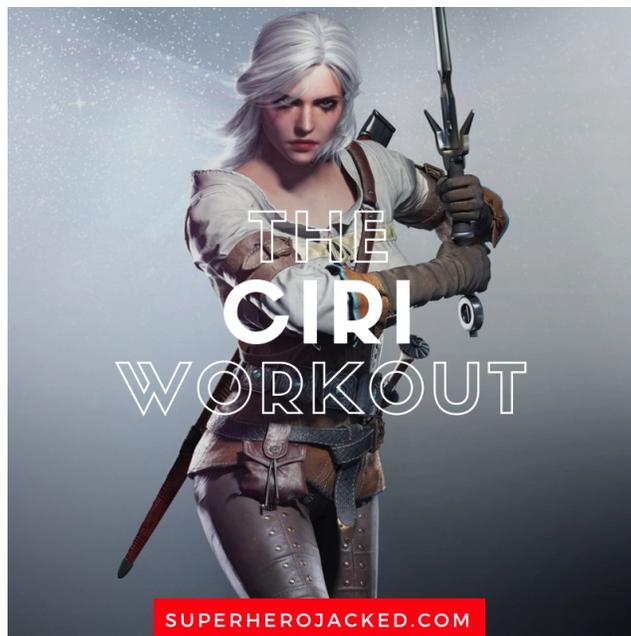


# CIRI

## WORKOUT ROUTINE



### BONUS PDF FILE

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 **SUPERHERO** ⚡ **JACKED** 

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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.

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# Ciri

## Workout Routine

### Training Volume:

6+ days per week

### Explanation:

You could be active 7 days a week because part of this is training our muscles and the other part is movement via mixed martial arts, running, and parkour. Through the swapping back and forth, it is okay to train at a higher volume, just know not to utilize the same routine below 6+ days per week.

## Bodyweight Program (3+ Times a Week)

### Warm Up:

Stretch

1 mile run

### Superset One:

Pull Ups

3x10

Burpees

3x10

Hanging Leg Raises

3x10

**Superset Two:**

Dips

3x10

Mountain Climbers

3x25

Sit Ups

3x20

**Superset Three:**

Push Ups

3x20

Forearm Plank

3x60 seconds

Jumping Lunges

3x10 each leg

**Superset Four:**

Air Squats

3x25

Plank to Push Ups

3x10

Side Planks

3x30 seconds each side

## **Parkour and Mixed Martial Arts Training (2+ Times a Week)**

*All heroes should know how to defend themselves.*

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

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

For some Thai Boxing fun check out [Anna Diop's](#) routine.

The [Parkour Workout](#) (Nightrunner) designed by [Academy](#) member Felix.

*\*\*And the Daredevil workout also has some beginner Parkour as well.\*\**