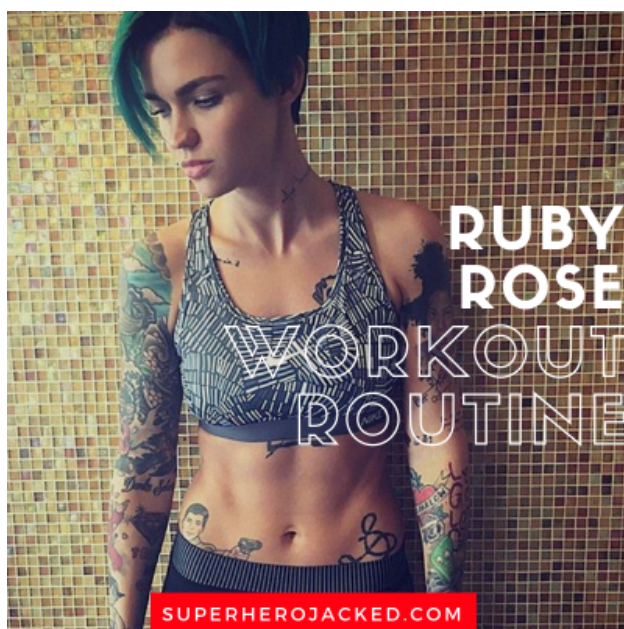


RUBY ROSE

WORKOUT ROUTINE



BONUS PDF FILE

By: Mike Romaine

 **SUPERHERO**  **JACKED** 

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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.

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Ruby Rose Workout Routine

Training Volume:

3-5+ days per week

Explanation:

Ruby has been a boxer, and has also gone through periods of training much harder than usual. For that reason I'll be programming a moderate "in-between" which will include 3 days of bodyweight and weightlifting, while giving you the opportunity to up the training by using Coach Derek's MMA and Felix's parkour training.

Day One: Bodyweight, Back and Biceps

Warm Up:

Stretch

Jump Rope

3×60 seconds

Workout Part One:

3×5 Chin Ups

3×10 Dips

3×15 Air Squats

3×15 Push Ups

3×20 Lunges (10 each leg)

Workout Part Two:

Deadlift

4×12,10,8,5

Cable Bicep Curls

3×10

Bent Over Dumbbell Rows

3×10 each arm

Dumbbell Hammer Curls

3×10 each arm

Day Two: Boxing, MMA, Parkour

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](#).

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

Day Three: Bodyweight, Chest, Triceps, and Shoulders

Warm Up:

Stretch

Jump Rope

3×60 seconds

Workout Part One:

3×5 Chin Ups

3×10 Dips

3×15 Air Squats

3×15 Push Ups

3×20 Lunges (10 each leg)

Workout Part Two:

Chest Press

3×10

Arnold Press

3×10

Overhead Dumbbell Tricep Extension

3×10

Kettlebell Swings

3×10

Day Four: Boxing, MMA, Parkour

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Day Five: Bodyweight, Legs and Glutes

Warm Up:

Stretch

Jump Rope

3×60 seconds

Workout Part One:

3×5 Chin Ups

3×10 Dips

3×15 Air Squats

3×15 Push Ups

3×20 Lunges (10 each leg)

Workout Part Two:

Squats

4×12,10,8,5

Weighted Lunges

3×10

Weighted Glute Bridges

3×10

Leg Press

3×10