

# KEANU REEVES WORKOUT ROUTINE



Bonus PDF File  
By: Mike Romaine

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# KEANU REEVES WORKOUT ROUTINE

*Training Volume:*

*3-5 days per week*

*Explanation:*

*The training volume is going to be contingent on you. If you want to train like Keanu Reeves you're going to have to step it up a notch and do a good amount of mixed martial arts training. I'll be giving you the routine from Muscle and Strength that Keanu Reeves used for injury prevention, and I'll also be providing you with multiple mixed martial arts routines that were made by Coach Derek, as well as our Parkour routine for some added bodyweight and conditioning if you'd like to add it as well.*

## *Keanu Reeves Injury Prevention Training*

### *HOW IT WORKS*

*This is not your traditional muscle building plan. Joint stability, mobility, injury prevention, and explosive power are its cornerstones. "Keanu's body was put through the wringer," says his trainer, Patrick Murphy. "I had to implement the safest, most effective program possible." To accomplish that, Murphy made heavy use of bands: "They can be easier on the joints than free weights," he explains, "but I also like the negative resistance they present." Other tools in the box are unilateral exercises like ice skaters and single-leg pistol squat hops, which enhance proprioception—the body's ability to sense what all its parts are doing—and balance.*

### *DIRECTIONS*

*Perform each circuit two to three times per week. Complete 15–20 reps of each exercise and then move on to the next exercise (including for the warmup circuit below). That's one circuit. Rest one minute upon completion then start again.*

## **WARMUP**

### ***Band external rotations***

*Grab a folded towel and fasten your band at waist height. Stand to the side and hold the band in your far hand in front of your belly button, with the towel tucked between your elbow and side. Rotate your forearm out and to the side as far as you can. Resist the band as you return to start.*

### ***Band single-arm lateral raises***

*Move the band so it's anchored low to the ground. Hold it in one hand and stand to the side and far enough away that your arm is fully extended. Slowly raise your arm up to the side to shoulder height. Resist the band as you return to the start.*

### ***Wall presses***

*Using light to moderate dumbbells (or none at all), stand with your back to a wall. Bring your arms wide into the shape of football goal posts. Perform slow military presses, bringing hands up above your head. Aim to keep your arms against the wall the whole time.*

### ***Single-leg balance with leg reaches***

*Stand on one foot. Extend your other foot forward hovering it over the floor, bending the standing leg as needed. Come back through the center, then extend your free foot to the side in the same way. Come back through the center and extend the foot behind you.*

## ***Keanu Reeves Mixed Martial Arts Training***

**MMA 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 also has bodyweight programming attached to it you should be utilizing on this day.**

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

**The Nightrunner Workout also includes basic bodyweight/calisthenic training that would be a great simple addition to this training schedule.**