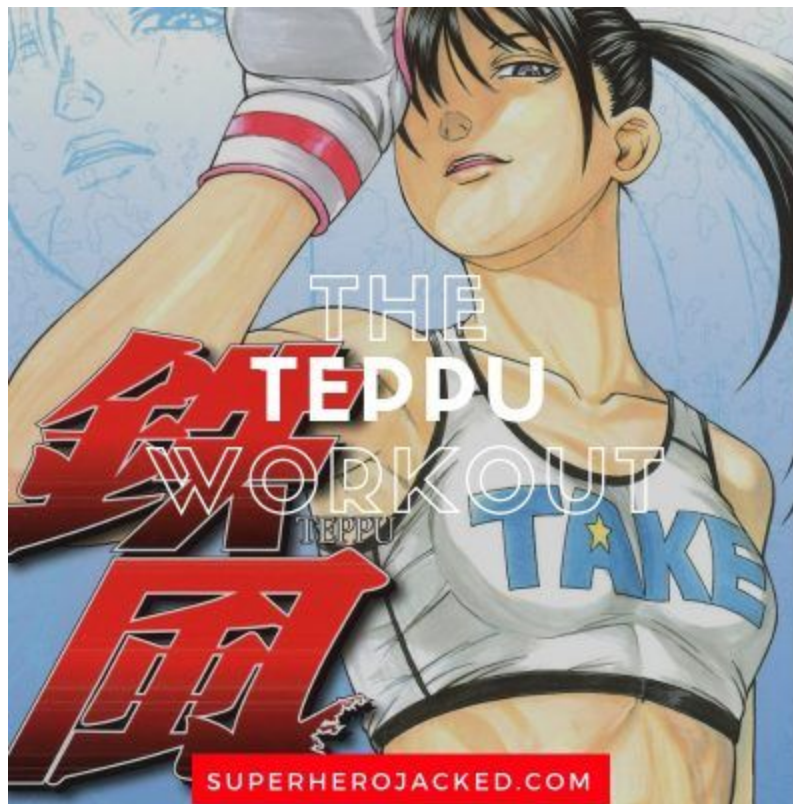


# NATSU ISHIDO WORKOUT ROUTINE



Bonus PDF File  
By: Mike Romaine

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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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# **NATSUO ISHIDO WORKOUT ROUTINE**

*Training Volume:*

*6 days per week*

*Explanation:*

*Similar to Baki, we're going to be training at a high volume! The only difference here is that you'll be subbing weight training. You can also decide to alternate training schedules for MMA and bodyweight, but I'll be programming this one for two-a-days.*

## ***Natsuo Ishidō Workout:***

### ***Morning Session: Calisthenics and Endurance***

*Warm Up:*

*Stretch*

*10-15 min yoga*

*Cardio/Endurance Training*

*HIIT Training w/ Sprints for 20 min*

*10-20 min steady jogging*

*Calisthenics:*

***Push Ups***

***4×25***

***Sit Ups***

***4×20***

***Hip Thrusters (Bridges)***

***4×20***

***Dips***

***4×15***

***Box Jumps***

***4×12***

***Pull Ups***

***4×10***

## ***Afternoon Session: Mixed Martial Arts***

***Choose a mixed martial arts program below:***

***Check out 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.\*\****