

# MULAN INSPIRED WORKOUT ROUTINE



Bonus PDF File  
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# MULAN INSPIRED WORKOUT ROUTINE

Training Volume:

On an average day Mulan was a farmer. During her training Mulan woke up daily and began prepping for war as Ping. For that reason we're going to find a happy middle and train 3-5 days per week.

Explanation:

I will be programming you a full body workout routine that can be used 2-3 days per week, and the rest of your training will come from mixed martial arts programming, horse back riding, sword fighting, and archery. I will list it all below.

## Mulan Inspired Workout Full Body Workout

Warm Up:

Stretch

Jog 1-3 miles (work your way up to 3)

Workout:

Barbell Weighted Lunges

*\*\*Instead of running with weight on back like Mulan\*\**

3×12

Rope Climbs (Sub Towel Pull Ups)

**4×12 Towel Pull Ups or 4 Climbs**

**Farmer Carry**

**4×50 yds**

**Bodyweight Training:**

**Push Ups**

**5×20**

**Air Squats**

**5×15**

**Dips**

**5×10**

**Pull Ups**

**5×10**

## **Mulan Inspired Workout Mixed Martial Arts Training**

As I mentioned, we don't have Kung-Fu training or Sword Fighting Training Programs, which Mulan would utilize, but we do have mixed martial arts programming from our amazing Coach Derek inside [The Academy](#). Utilize these programs OR hit a local gym.

*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.

## Mulan Inspired Workout Activity

Mulan also trains in horseback riding, archery, and as I mentioned sword fighting. She's training for war as Ping.

For this reason, you will be required to also add in other forms of activity. These can obviously (if you're trying to REALLY become Mulan), be all of the above mentioned, or they can be broken into other formats of activity such as sports, hiking, yoga, pilates, etc.

*Have fun with it.*