

# CLAIRE REDFIELD WORKOUT ROUTINE



Bonus PDF File  
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# **CLAIRE REDFIELD WORKOUT ROUTINE**

**Training Volume:**

**5-6 days per week**

**Explanation:**

**I'm going to be programming you a bodyweight program, parkour, and mixed martial arts. Your job is to utilize the mixed martial arts and parkour training 2-3 days per week and your bodyweight circuits another 2-3 days a week.**

## **Claire Redfield Bodyweight Circuit**

**Warm Up:**

**Stretch**

**Workout:**

**3 Rounds for Time**

**Sprint 2 Flights of Stairs (can go up and down or use StairMaster)**

**5 Burpees**

**10 Plank to Push Ups**

**15 Air Squats**

**20 Scaled Chair Dips**

**Spring 2 Flights of Stairs**

**20 Push Ups**

**15 Jumping Lunges**

**10 Plank to Push Ups**

**5 Burpees**

## **Claire Redfield Mixed Martial Arts and Parkour:**

*Choose a mixed martial arts program below and mix it in certain days:*

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.

For Parkour I worked with Felix on this one: [Nightrunner](#) workout.