

MERIDA INSPIRED 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.

If you have any health issues or pre-existing conditions, please consult with your physician before implementing any of the information provided in this course.

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MERIDA INSPIRED WORKOUT ROUTINE

Training Volume:

3+ days per week

Explanation:

Merida is a “Master” archer and swordsman. In the movie we get to see her show off some of her skills, and they’re extremely impressive. For that reason we can be under the impression she works on them quite often. I’m going to program you days specifically devoted to those skills, and then also program you training days to strengthen those skills, body weight movements, and cardiovascular performance.

Bodyweight Training:

Complete the following throughout the course of a workout/day.

Scale if needed.

100 Air Squats

100 Push Ups

100 Sit Ups

50 Lunges

50 Pull Ups

50 Dips

Cardio, Horseback Riding and Other Activity

If you can get extremely active or go horseback riding that's amazing! If not, here are some cardio options to do a few times a week:

60 minutes of varied cardio from the following: treadmill, row machine, Stair Master, elliptical, bike, etc.

Archery Strengthening Movements:

Do three sets of ten reps for each movement below to strengthen for archery purposes:

One-Arm Dumbbell Row

Dumbbell Shrug

One-Arm Side Laterals

Push Ups

Pull Ups

Bench Dips

Dumbbell Alternate Bicep Curl

Mixed Martial Arts, Swordsmanship and Parkour

If you can take classes for swordsmanship and archery that's even better, but we do have some programs from Coach Derek and Academy member Felix that are amazing as well and will get you started in the right direction.

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.

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