

RONAN

WORKOUT ROUTINE



Bonus PDF File
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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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RONAN WORKOUT ROUTINE

Training Volume:

5+ days per week

Explanation:

I'm giving you a 3 day split for lifting and then the other days should be done via mixed martial arts training and/or the hammer workout I've included for you as well.

Ronan Workout Day One: Pull Day

Warm Up:

Stretch

Workout:

Deadlifts

5×5

Barbell Bent Over Rows

4×12

Hammer Strength Pulldowns

4×12

Wide Grip Lateral Pulldowns

4×12

Wide Grip Cable Rows

4×12

Preacher Curls

4×12

Hammer Curls w/ DB

4×12 each arm

Ronan Workout Day Two: Leg Day

Stretch

Workout:

Back Squats

5×5

Leg Press

4×12

Seated Calf Raises

4×12

Quad/Leg Extension

4×12

Bulgarian Split Squat

4×12

Hamstring Kickbacks

4×12

Box Jumps

4×12

Ronan Workout Day One: Push Day

Warm Up:

Stretch

Workout:

Flat Bench

5×5

Incline Dumbbell Press

4×12

Decline Chest Flys w/ Cable

4×12

Arnold Press

4×12

Dumbbell Shoulder Front Raise

4×12

Barbell Shrugs

4×12

Lateral Raises

4×12

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.

Hammer Workouts

Beginner Hammer Workout

4 Rounds for Time:

A: Right Side Slams x 15

B: Left Side Slams x 15

C: Overhead Slams x 15

Advanced Hammer Workout

After each circuit round, rest 15 seconds. Start with 15 reps for the first circuit and decrease reps for each progressive circuit until you are only performing one rep per exercise.

A: Tomahawks (Right Hand) x 15 to 1

B: Tomahawks (Right Hand) x 15 to 1

C: Double Arm Slams x 15 to 1