

RONIN

WORKOUT ROUTINE



Bonus PDF File
By: **Mike Romaine**

Copyright Notice

No part of this report may be reproduced or transmitted in any form whatsoever, electronic, or mechanical, including photocopying, recording, or by any informational storage or retrieval system without expressed written, dated and signed permission from the author. All copyrights are reserved.

Disclaimer and/or Legal Notices

The information provided in this book is for educational purposes only. I am not a doctor and this is not meant to be taken as medical advice.

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.

This product is for informational purposes only and the author does not accept any responsibilities for any liabilities or damages, real or perceived, resulting from the use of this information.

RONIN WORKOUT ROUTINE

Training Volume:

5+ days per week

Explanation:

We're training to be in peak human condition. Not just strong, not just training our stamina, speed and endurance, not just a mixed martial artist, not just an acrobat....all of it. So we're going to need to find a way to mix it all together and train like a Super Human.

3 days per week we'll be training with weights and supersets to get strong while working on muscle endurance.

2-3 days a week we'll also be doing bodyweight training and cardio.

On top of this it'll be your job to train in both mixed martial arts and parkour. I will provide training links for you to utilize and explain how to incorporate the addition.

Ronin Workout Weight Training Day One: “Push” Day

Warm Up:

High Intensity Interval Training for 20-30 minutes

Sprint for 1 min (5.5-10+mph)

Walk for 1 min (2.5-3.3 mph)

Workout:

Superset One:

A. DB Incline Bench Press

4×12

B. DB Chest Flys

4×12

C. Hex Press

4×12

D. DB Standing Incline Chest Flys

4×12

Superset Two:

A. Arnold Press

4×12

B. Upright Row w/ Barbell

4×12

C. Front Raises with Metal Plate

4×12

D. Lateral Raises w/ DB

4×12 each arm

Superset Three:

A. Push Ups

4×25

B. Dips

4×20

C. Knee Raises

4×15

D. Pull Ups

4×10

Ronin Workout Bodyweight and Cardio

Do the following circuit and time yourself.

Look to improve on this time gradually.

As a bonus feel free to use a Weighted Vest from 14 lbs for female and 20 lbs for male.

- **1 mile Run**
- **100 Pull-Ups**
- **200 Push-Ups**
- **300 Air Squats**

- 1 mile Run

As another bonus, work on your [parkour](#) on this day as well.

Ronin Workout Weight Training Day Two: “Pull” Day

Warm Up:

High Intensity Interval Training for 20-30 minutes

Sprint for 1 min (5.5-10+mph)

Walk for 1 min (2.5-3.3 mph)

Workout:

Superset One:

A. Lateral Pulldown Wide Grip

4×12

B. Lateral Pulldown Close Grip

4×12

C. DB Hammer Curls

4×12 each arm

Superset Two:

A. Wide Grip Cable Rows

4×12

B. EZ Bar Curls

4×12

C. Wide Grip Pull Ups

4×6

Superset Three:

A. Barbell Deadlift

4×12

B. Barbell Bent Over Rows

4×12

Superset Four:

A. Push Ups

4×25

B. Dips

4×20

C. Knee Raises

4×15

D. Pull Ups

4×10

Ronin Workout Bodyweight and Cardio

Do the following circuit and time yourself.

Look to improve on this time gradually.

As a bonus feel free to use a Weighted Vest from 14 lbs for female and 20 lbs for male.

- 1 mile Run
- 100 Pull-Ups
- 200 Push-Ups
- 300 Air Squats
- 1 mile Run

As another bonus, work on your [parkour](#) on this day as well.

Ronin Workout Weight Training Day Three: “Leg” Day

Warm Up:

High Intensity Interval Training for 20-30 minutes

Sprint for 1 min (5.5-10+mph)

Walk for 1 min (2.5-3.3 mph)

Workout:

Superset One:

A. Goblet or Landmine Squats

4×12

B. Weighted Lunges

4×12 each leg

C. Glute Bridges

4×12

D. Mountain Climbers

4×12

Superset Two:

A. Leg Press

4×12

B. Calf Raise on Leg Press Machine

4×12

Superset Three:

A. Straight Leg DB Deadlift

4×12

B. Box Jump

4×12

Superset Four:

A. Bulgarian Split Squat

4×12 each leg

B. Jump Squats

4×12

Ronin Workout Bodyweight and Cardio

Do the following circuit and time yourself.

Look to improve on this time gradually.

As a bonus feel free to use a Weighted Vest from 14 lbs for female and 20 lbs for male.

- 1 mile Run
- 100 Pull-Ups
- 200 Push-Ups
- 300 Air Squats
- 1 mile Run

As another bonus, work on your [parkour](#) on this day as well.

Ronan Mixed Martial Arts and More 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.

You should focus mainly on the portions that involve direct mixed martial arts coaching as the body weight training and weights here are going to already be a ton of training. Focus in on the actual mixed martial arts training, the swordsmanship, the boxing, etc. and do your best to fit it in where you can.