

SHANG INSPIRED WORKOUT ROUTINE



Bonus PDF File
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SHANG INSPIRED WORKOUT ROUTINE

Training Volume:

On an average day Shang was a warrior. During their training, Shang had Mulan and the other “men” wake up daily and begin prepping for war. For that reason we’re going to find a happy middle and train 5 days per week.

Explanation:

I will be programming you a full body workout routine that can be used 3-5 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.

Shang 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 Shang

3×12

Barbell Squats

****Shang could do these with the weighted poles he's seen running with multiple****

4×10

Rope Climbs (Sub Towel Pull Ups)

4×12 Towel Pull Ups or 4 Climbs

Farmer Carry

4×50 yds

Bodyweight Training:

Push Ups

5×25

Sit Ups

5×20

Dips

5×15

Pull Ups

5×10

**Shang Inspired Workout Mixed Martial Arts
Training**

As I mentioned, we don't have Kung-Fu training or Sword Fighting Training Programs, which Shang 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.

Deathstroke's routine does have SOME swordsmanship listed.

Shang Inspired Workout Activity

Shang also trains with horseback riding, archery, and as I mentioned sword fighting.

He's training his men for war. And he does the same.

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 Shang), 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.