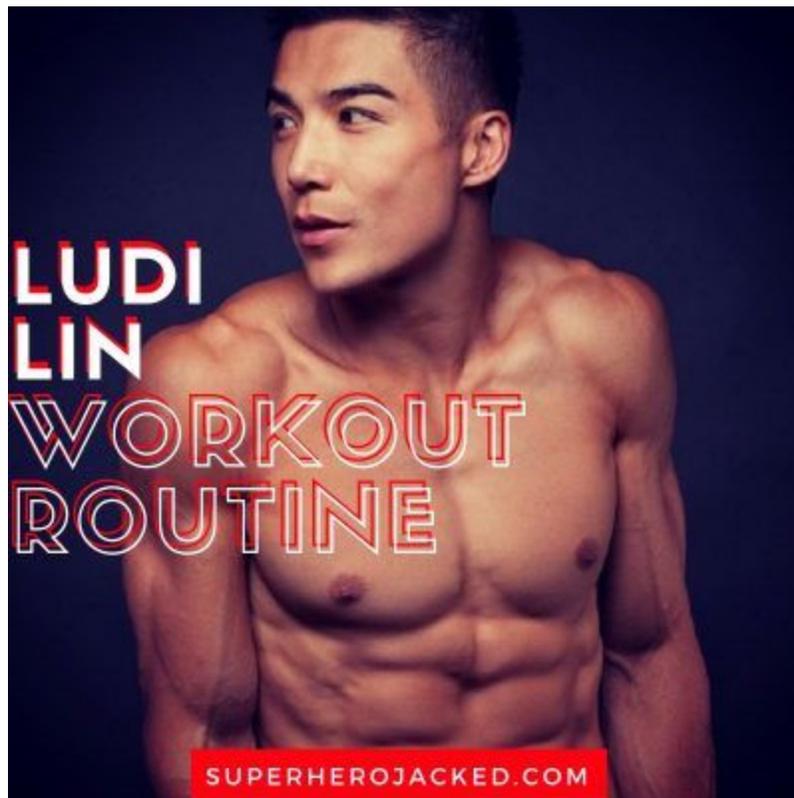


LUDI LIN

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.

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LUDI LIN WORKOUT ROUTINE

Training Volume:

5- days per week

Explanation:

Ludi Lin's Instagram is FILLED with calisthenics movements. He's shared videos of him doing dips, push ups and other movements ON kettlebells, and then proceeding to find random places to do pull ups. He has also posted pictures like the one you see above, and many, many more of him doing advanced calisthenics work. So, we're going to start with the basics and then you can slowly build your way up from there. I'm going to be sharing you a basic calisthenics workout, a handful of mixed martial arts programs (including one that has some Thai Boxing), and a program that Lin shared as a "No-Gym Hotel Room Workout" with Men's Health. You'll also find a small portion suggesting some extra cardio and activity as Lin has also shared multiple posts running, playing volleyball, hiking, and just being active.

Ludi Lin Bodyweight Workout: 5+ days per week

Obviously Lin can now do advanced movements, but for the majority of the population we'll have to work our way up to his level.

This program includes enough volume where it could actually be considered intermediate to advanced, so feel free to scale some of the movements and reps – and definitely split them up however you would like – even if that means multiple sessions per day.

200 Push Ups

200 Air Squats

150 Dips

150 Lunges

100 Plank to Push Ups

100 Pull Ups

(Additional exercises can include sets of planks like Lin shows, leg raises, and eventually moving onto more advanced movements like handstand push ups, one arm push ups, pistol squats, and holds like a L-Sit, planche, and human flags.)

Ludi Lin No-Gym Hotel Room Workout: Added In When Needed

Perform Each Exercise Below 3 Sets Each:

Chair Dips: 10 Reps

Grab two chairs at the same height and do dips in between them. If not possible swap to regular chair dips.

Dustbin Lifts: 10 Reps

Use a dustbin (garbage bin) and perform seated shoulder front raises.

Luggage Lifts: 10 reps

Use your luggage you came to the hotel with (or something in it's place) to perform bicep curls.

Chair Plank: 1 minute

Forearm plank on two chairs a few feet apart with your arms supporting you on one chair and your feet on the other.

Table Push-Ups: 10 reps

Do inverted push-ups at a roughly 45-degree angle.

Sofa Squats: 10 reps

Grab underneath the sofa after getting into a squat position and raise it to hip level. Then lower back down into a squat position and rinse and repeat.

Ludi Lin Martial Arts Training: Additional Training

Coach Derek in our [Academy](#) has a Fighter's Path and a Fight Bootcamp Path, but he also has multiple programs for us for free on the site.

Take advantage of these if you'd like to step up your MMA game:

Check out programs on the site from Coach Derek here: [Moon Knight](#), [Deathstroke](#), [Daredevil](#), and [Sagat](#).

For some Thai Boxing fun check out [Anna Diop's](#) routine.

Ludi Lin Additional Cardio: Optional Calorie Burning

We've seen that Lin is extremely active.

As I've stated that can be running, playing volleyball, doing his martial arts training, hiking and more.

For that reason I would suggest adding in additional activity or even some varied cardio 30-60 minutes a few times a week.

Here's some options I like to do 10-15 minutes each:

Treadmill, StairMaster, Elliptical, Rower, Bike.

The basic options found in a gym, but I like to switch it up and often times even add in some HIIT training.