

MS. MARVEL WORKOUT ROUTINE



Bonus PDF File
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MS. MARVEL WORKOUT ROUTINE

Training Volume:

3-6 days per week

Explanation:

I'm going to be building you a routine that revolves around the three powers that I listed above: strong fists (or grip/forearm strength), flexibility, and endurance/longevity. This will be combined with some extra calisthenic work and MMA training that we'll utilize Coach Derek's programs for. It'll be up to you how many days a week you'd like to fit these into your programming.

Ms. Marvel Possible Workout Schedule Variation One:

Monday: Flexibility and Calisthenics Workout

Tuesday: Endurance Low Volume

Wednesday: Flexibility and Calisthenics Workout

Thursday: Endurance Low Volume

Friday: Flexibility and Calisthenics Workout

Saturday: Endurance High Volume

Sunday: Strong Fists Workout

Ms. Marvel Possible Workout Schedule Variation Two:

Monday: Push Day

Tuesday: Endurance High Volume

Wednesday: Strong Fists Routine

Thursday: Flexibility and Calisthenics Workout

Friday: Leg Day

Saturday: Endurance Low Volume

Sunday: Flexibility and Calisthenics Workout

Kamala Khan Workout: Strong Fists

Warm Up:

10-15 Minute Incline Walk

3×1 Minute Heavy Bag Rounds

3×100 Jump Ropes (or 6×50)

Workout:

I'm going to be doing my best to turn this into a fully functioning workout as a standalone workout that doesn't strictly focus on grip/forearm strength, but I will add in some bonus exercises for the two at the end as well.

Barbell Deadlift

4×4-6

Barbell Shrugs

4×12

Thick Bar (or Fat Gripz) Barbell Curls

4×10

Reverse Barbell Wrist Curls

3×10

Deadhang Pull Ups

4×60 seconds

Farmer's Carry (Dumbbell)

4×50 meters

Bonus Work:

Resisted Hand Opening

Pinch Grip Plate Holds

If you'd like to add this into a full regular week of training this specific day pairs well in a Push, Pull, Legs or Back/Bi, Chest/Tri, Shoulders, Leg Split (with this being Pull or Back/Bi).

Ms. Marvel Workout: Flexibility, Elongation and Calisthenic Work

Warm Up:

10-15 Minute Incline Walk

Calisthenics Workout:

3-5 Total Supersets of:

10-15 Pull Ups

15-20 Dips

25-30 Push Ups

3-5 Total Supersets of:

10-20 Hanging Leg/Knee Raises

15-25 Sit Ups

3-5 Total Supersets of:

10-20 Air Squats

10-20 Donkey Kicks

10-20 Glute Bridges

Flexibility:

15-20 Minute Flexibility Stretching

The following stretching regime is courtesy of Bodybuilding.com

1. HIP FLEXOR STRETCH

Focus – Hips, quads, hamstrings and glutes

- Start in a kneeling position, then bring your left leg forward into a lunge position so it should be at a 90 degree angle and your right knee should be flat on the ground.
- With your hands on top of your left knee, lean your hips forward and hold for 15 – 30 seconds. Then bring your left knee back to starting position and repeat on the other leg.

2. NECK STRETCH

Focus – Neck

In a standing position, put your left hand on the right side of your head and pull gently towards your left shoulder. You should feel a stretch in the side of your neck. Hold for 30 seconds, then relax. Repeat on the other side.

3. SAMSON STRETCH

Focus – Arms, shoulders, lower back and hips

- Start in a standing position with your feet a hip width apart. Raise your arms and elbows straight above your head, back straight, chest forward and palms facing upwards.
- Next move your left leg forward into a wide lunge, touch your right knee to the ground and look upwards. Hold for about 10 seconds and then bring your right leg forward to return to the starting position.

- Repeat on the other leg and do this three times on each side.

4. DOWNWARD DOG STRETCH

Focus – Hands, wrists, back, hamstrings, calves and Achilles tendon

- Stand with your feet hip width apart and parallel to each other. With your knees bent, bend over and place your hands flat on the floor.
- Walk your hands forward until your feet and hands are completely flat on the floor so your body is like an upside down 'v' shape. For beginners, keep your knees bent otherwise straighten your legs until you feel the stretch in your calves and hamstrings.
- Keep your head pointed downwards and make sure your neck is relaxed (you should be able to look at your lower leg/shin without strain), your core is firm, your knees are not touching each other and your hips are pushed back. Hold for 30 seconds.

5. CAT STRETCH

Focus – lower back, mid back and traps

- Start on the floor on your hands and knees with your spine straight and your head pointed downwards.
- Inhale and as you exhale, pull your belly in towards your spine and round your shoulders in and point your head inwards so you are looking at your legs.
- Hold for 15 seconds and then inhale as you return to the starting position. Repeat this 3 – 5 times.

6. SEATED TORSO TWIST STRETCH

Focus – Abdominals, obliques, glutes, hips, back and neck

- Sit on the floor with your legs extended out in front of you, your back straight and core engaged. Cross your right leg over the other and place your right foot flat on the floor in line with your left knee.
- With your left arm, push the outer side of your bent right knee and twist your head slowly to the right to look behind your shoulder. Hold for 30 seconds. Repeat on the other side.

7. ROLL DOWN STRETCH

Focus – Lower back, abdominals, hamstrings and calves

- Stand with your feet a hip width apart, inhale as you lift your arms above your head and as you exhale, slowly roll your body downwards bringing your arms down and pulling in your abs in towards your spine at the same time. Make sure your knees are slightly bent as you roll down.
- Keep going until your hands touch your feet and slowly straighten your legs. If you are unable to do this, then place your hands on your shins instead. Keep your head pointed downwards and relaxed. Hold for 15 seconds and inhale as you return slowly to the starting position. Repeat twice.

8. TRICEPS STRETCH

Focus – Triceps, shoulders and neck.

- Stand with your feet a hip width apart and your arms extended above your head.
- Whilst keeping your arm straight, bend your right elbow back so it touches your back and with your left hand, reach across overhead to hold your right elbow and pull it back and towards your head slightly.

- Hold for 15 seconds and repeat on the other side. Repeat twice on each side.

9. CHEST STRETCH

Focus – Chest, shoulders, arms, lats and wrists

- In a standing or seated position with your back straight, bring your arms behind your back and clasp them together.
- Straighten your arms and slowly lift them upwards. Make sure your back stays straight and that your shoulders are not hunched. Hold for 15 – 30 seconds.
- Unclass your hands and bring your arms forward in front of you about chest level and clasp them together.
- Straighten your arms but keep your back straight, you should feel a stretch in your lats and upper back. Hold for 15 – 30 seconds.

10. SIDE STRETCH

Focus – obliques, shoulders, triceps and abductors

- In a standing position, cross your left leg in front of your right and lift your left arm above your head.
- Lean your head and body to your right slowly until you feel the stretch in the left side of your body.

Hold for 30 seconds and then repeat on the other side. If you feel unbalanced during this stretch, put your right hand on a chair for support.

Ms. Marvel Workout: Endurance and Longevity

We can't heal, but we can do our best to stay in the fight for as long as possible.

For that reason we're also going to be adding some endurance work to our training.

If you'd like to change your endurance work to MMA training instead, that is fine (as long as you're getting that intensity up)!

Low Volume Endurance Work: 1-3 mile run

High Volume Endurance Work: 3-5 mile run

Feel free to work your way up to these distances by starting and stopping (walking/running).