

PEDRO PASCAL WORKOUT ROUTINE



Bonus PDF File
By: Mike Romaine

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PEDRO PASCAL WORKOUT ROUTINE

Training Volume:

3-5 days per week

Explanation:

In my research of Wushu training they actually recommend a lot of the training that I was going to be programming you for a basic calisthenics/acrobatic style beginner workout, so we're going to be sticking to that, as well as adding in some extra basics for you. I'll build you a schedule that you can follow which will involve 3 days of acrobatic/calisthenics work and then 2 extra days that can be added in as extra cardio (if you'd like to burn extra fat/weight), or Wushu Basics!

Pedro Pascal Workout: Calisthenics Training

If you'd like to scale this routine up another notch you can add a weighted vest which is also something Wushu Acrobatic Training suggested as well.

Warm Up:

Do 15-30 Minutes of Varied Cardio

- Do 15 if you're just looking for a quick warm up to your workout.
- Do 30 if you'd like some extra fat burn.
- ***Wushu Training Suggests Running/Cycling***

Workout:

Cardiovascular Training:

Shadow Boxing

5×60 seconds

Jump Rope

5×50

Strength Training:

Push Ups

5×20

Squats

5×15

Chin Ups/Pull Ups

5×10

Core Training:

Forearm Planks

3×60 seconds

Hanging Leg Raises

3×20

Sit Ups

3×20

Flexibility Training:

Here's a list of stretches from each section that Wushu Training suggests:

Dynamic Stretches:

- Ankle Bounces
- High Knees
- Lateral Jumps
- Leg Swings

Static Stretches:

- Chest Stretch
- Biceps Stretch
- Upper Back Stretch
- Shoulder Stretch
- Shoulder and Triceps Stretch
- Side Bends
- Abdominal and lower back muscles
- Hamstring Stretch
- Calf Stretch
- Hip and Thigh Stretch
- Adductor Stretch
- Groin Stretch
- Front of Trunk Stretch
- Iliotibial Band Stretch

- Quadriceps Stretch

Wushu Stances and Balance Training:

Balance Training from *Martial Artist Nerd*:

- Air kicking – This is a great exercise you can do from home that can greatly increase one's balance. Rather than kicking a heavy punching bag that stops the force of your kick, you are learning to control where the kick should end and if while sparring your opponent dodged instead of blocked an attack you would not be sent flying like an idiot due to a missed kick.
- Kicking paddle – This is a better alternative to air kicking when you have a partner. Since your partner might move his hand at any time you don't know when a hit is going to land or not.
- Crane stance – we've all seen the classic scene of karate kid training the crane kick on the wooden plum blossom. Just hold the stance for as long as you can try to focus on a stationary object in order to keep balance feel free to execute that epic kick once you have mastered the stance.

The 5 Basic Wushu Stances:

Gong Bu (Wushu Bow Stance)

- The front foot stands firm on the ground pointing straight forward, with the calf at a right angle from the floor.
- The angle between the thigh and calf should be 90 degrees, the front thigh should be parallel to the floor.
- Hips should be in a right angle to the legs.
- Back knee should not be bent.
- The back foot stands firm on the ground and is twisted 45 degrees outwards.
- Chest pointing upwards.
- The shoulder position relaxed or depending on the arm position.

- Eyes Facing forward.

Ma Bu (Wushu Horse Stance)

- Set your feet parallel to each other, with an angle of nearly 90° between the calves and the ground.
- The distance between your feet has to be about 3 feet.
- Keep your upper body up straight.
- Eyes facing forward.

Xu Bu (Wushu Empty Stance) also know as cat stance

- The standing leg carries the entire weight of the body, twist the standing foot for about 45 degrees outwards and keep the heel firm on the ground. Angle between calf and ground should be 45 degrees.
- The empty leg is the leg which does not carry any weight, merely touching the ground with the inner tip of the shoe.
- The knee of the standing leg is bent at least 90 degrees.
- Hips should be facing 45 degrees.
- The knee of the empty leg is slightly bent.
- Upper body straight.
- The shoulder position depending on the arm position.
- Eyes facing forward.

Pu Bu (Wushu Flat Stance)

- Place your feet parallel to each other.
- The distance between your feet has to be about 3 feet.
- The hip is parallel to the feet.
- Front leg totally straight.
- Back knee bent as physically possible.
- Upper body bend slightly forward to achieve balance.

- The shoulder position relaxed or depending on the arm position.
- Eyes looking forward.

Xie Bu (Wushu Rest Stance)

- The back leg gets overlapped by the front leg and only the toes touch the ground of the back leg.
- Front leg stays firm on the floor.
- The knee should be bent so that the stance is comfortable.
- Hips should be at a right angle of the front legs thigh.
- Shoulder position relaxed or depending on the arm position.
- Upper body straight.
- Eyes looking forward.

We'll go over some stance drills during the Wushu Training

Pedro Pascal Workout: Wushu Training

This Wushu Basic Training below is courtesy of Martial Arts Nerd.

Wushu Stance Drills

As the great Bruce Lee once said “The arms and kicking leg are important only because they are the vehicles of body force. They, the tools, only give expression to body force when the body is in proper alignment. The position of the hands and arms and of the legs and feet that facilitate easy body expression is important.”

- Going from a normal position into the specific stance
- Switching from these 5 stances repeatedly
- Moving forward in a specific stance
- Moving back in a specific stance

- Shadow boxing focusing mostly on your stance

Increase the speed of these drills once you start to find them easy, doing so will wield you a great power once facing an opponent as you will be shifting from offensive to defensive stances so fast that your opponent will simply not keep up.

Wushu Basic Strikes

If you don't strike back they will keep hitting you. That's why it's important to learn just a few moves not a lot you can know 100 different strikes but lose to someone who only learned one move and perfected it.

5 Basic Wushu Strikes

Straight punch – (Quan) The most basic attack in wushu yet it is one of the best punches. Perfect for distracting your opponent, building up a combo and downright KO your opponent.

Hook Punch – (Gou Shou) A punch that's great when you are close to your opponent perfect for hitting weak parts of the face.

Upper cut – (Qiao Quan) A punch coming from below aimed to hit the opponents chin if it hits good you probably won the fight.

Front Kick – (Zheng Tui) The most basic kick do not underestimate it a kick in the face will send your teeth flying.

Side Kick – (Ce Tui) A very powerful kick coming from your side.

Wushu Striking Drills

Perfecting these 5 moves are more than necessary to beat your average joe and low ranked martial artists. That is why you need to learn how to properly

execute the technique and also how to combine them together that is when you become deadly.

- Perform each strike individually for a repetitive amount of time without a target each strike strong changing hands and aiming at different areas.
- Do the same exercise with a target could be a partner or a punching bag.
- Repeat the same exercise in different stances.

These drills will improve your speed power and accuracy for each technique, but now it's where it gets interesting making these techniques in a combo.

- Start experimenting in effective ways these techniques can work.
- Create a combo for specific situations is the person taller than you than he will probably be striking you first before you can get in range so it's going to be something like block counter with a front kick land closer did he stay in place uppercut did he gain distance sidekick. Basic situations you are going to encounter are taller, shorter, faster, stronger, defensive, aggressive, kicking specialist, punching specialist, grappler and many more but making a tactic for at least these situations will be more than sufficient for a wushu beginner.
- After writing them down practice them in a shadow boxing session.
- Get a partner and explain to him how you want him to react, (This does not apply to taller/stronger/faster opponents but he can change his style to be more aggressive or fight with his legs more) and practice these combos see whats working and what is failing in order to tweak your combos.
- Do slight variations for each combo going at a person kick – punch – punch – hook than again 1-2-2-3 and again 1-2-2-3 your opponent will know whats coming and strike you down.

Wushu Basic Blocks

Defense is the most fundamental part of any martial arts, mastering how to block punches and kicks will give you so much opportunities at countering and executing great techniques to take advantage of your opponent this is extremely beneficial if your opponent is over confident over aggressive. Show them that a calm mind with a solid defense will demolish brute force any time.

4 Basic Wushu Blocks + 1 Dodge

High Block – A technique used to block punches aimed to your face.

Knife Hand Block – A technique used to block mid ranged punches and kicks.

Outside Block – A technique that is also used to block mid ranged attacks and kick.

Shin Block – A block done by your shin to block kicks (my personal favorite block).

Dodging a technique is quite hard for a beginner its more for the mid-levelled students that is why I am going to tell you only of 1 dodge skill to use in wushu so that you can start to grab the concept of dodging.

Face Block While Sweeping Forward – A technique used to dodge a roundhouse kick to the head video down below to see (before I get a bunch of hate comments about it not working in real life I know it's not the best technique to use but it's very easy for a beginner to learn and you can easily follow it up by a trow).

Wushu Blocking/Dodging Drills

- Perform each technique individually execute it as if you really are blocking/dodging.
- You will need a partner for the next drill. Explain to your partner that you are not going to be striking back he does not need to worry about blocking tell him to be as aggressive and reckless as

possible(The attacker will start slowly and further increasing his speed no need to use force just raw speed) you must not let him touch you by blocking/dodging all his attacks. Drill stops for 3 seconds to get back to your stance when you use "face block while sweeping forward" dodge as you will be to close and would normal have performed some form of counter after the dodge.

This drill will improve your blocking skills exponentially but blocking alone will not win fights. Unfortunately at this level you are not taught a lot of counters as they are considered to be mid level techniques but you can still do plenty of counters from these basic techniques. For example opponent executes a lower round house kick Bam Shin block with your front leg immediately counter strike with a face aimed side kick with your back leg.

- Start writing down possible counters after each block.
- Practice them in a shadow boxing session.
- Grab a partner explain to him what techniques you want him to do on you and further tweak these counters see what works what is realistic in a fight.
- This time your partner will execute a random move and you must quickly block and counter increasing the speed of the exercise.

Pedro Pascal Workout: Weekly Schedule

Monday: 15-30 Minute Warm Up Cardio + Calisthenics Workout

Tuesday: 30-60 Minute of Cardio for Extra Fat Burn OR Wushi Basics Training

Wednesday: 15-30 Minute Warm Up Cardio + Calisthenics Workout

Thursday: 30-60 Minute of Cardio for Extra Fat Burn OR Wushi Basics Training

Friday: 15-30 Minute Warm Up Cardio + Calisthenics Workout

Saturday: Off Day OR OPTIONAL Wushi Basics Training

Sunday: Off Day OR OPTIONAL Wushi Basics Training