

JET LI

WORKOUT ROUTINE



Bonus PDF File
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JET LI WORKOUT ROUTINE

Training Volume:

5+ days per week

Explanation:

I'm going to build you a calisthenics program that you can follow 3-5 days per week, and then I will also be sharing his self-defense and training secrets below as well.

Want To Upgrade This Workout?

[The Superhero Academy](#) now comes with an [Upgrade Your Workout Tool](#) that allows Academy members to turn any SHJ workout into a 4-8 week fully planned regime detailing exact weights to lift and including reverse & tradition pyramid training, straight sets, super sets, progressive overload and more.

Jet Li Workout: Sample Schedule

Monday: Calisthenics A, Martial Arts and Meditation

Tuesday: Calisthenics B, Martial Arts and Meditation

Wednesday: Calisthenics C, Martial Arts and Meditation

Thursday: Calisthenics D, Martial Arts and Meditation

Friday: Calisthenics E, Martial Arts and Meditation

Saturday: Yoga and Meditation

Sunday: Rest Day

Jet Li Workout: Full Day Calisthenics Program

Depending on what you're going to do with your other programming, this below is a basic calisthenics workout with a full list of sets and reps so that you can break it down however you would like.

You can do these in any number of sets, or even split it up throughout the day, as long as you finish the overall rep count.

Here's your reps:

75 Pull Ups

75 Hanging Leg Raises

100 Dips

100 Lunges

100 Sit Ups

150 Push Ups

150 Air Squats

Jet Li Workout: 5 Other Calisthenics Options

WORKOUT A

- 20 Squats
- 10 Pull-ups
- 10 Standard Push-ups
- 10 Hanging leg raises
- 10 Burpees
- 10 Bench Dips
- 1 minute rest

Repeat this cycle 6 times

WORKOUT B

- 8 Diamond Push-ups
- 10 Biceps Pull-ups
- 12 Inverted Rows
- 20 Jumping Lunges
- 30 second Plank
- 1 minute rest

Repeat this cycle 5 Times

WORKOUT C

- 5 Pistol Squats on each leg
- 5 Incline Push-ups
- 5 Clap Push-ups
- 5 Narrow Grip Pull-ups
- 20 Burpees
- 30 seconds rest

Repeat this cycle 5 Times

WORKOUT D

- 15 Squat Jumps
- 15 Wide Arm Push-ups
- 15 Parallel Bar or Ring Dips
- 15 Leg Raises
- 10 Windshield Wipers
- 30 seconds side plank on each side
- 1 minute rest

Repeat this cycle 4 Times

WORKOUT E

- 50 meter Duck Walk
- 15 Box/Bench Jumps
- 10 Push-ups
- 10 Inverted Rows
- 10 Pull-ups
- 15 Leg Raises
- 50 second Plank
- 1 minute rest

Jet Li Workout: Jet Li's Training and Self Defense Secrets

This next section is being shared from the Men's Health interview with Jet Li cited above.

THE TRAINING SECRETS OF JET LI

Training Secret #1 Go for explosive. For cardiovascular fitness, Li runs and bikes. But to maintain the speed and explosiveness that he's become famous for? "Badminton," he says. Yes, badminton-smacking the shuttlecock around for an hour three times a week is enough to keep his muscles poised. For yourself, try the more American rackets of tennis, squash, and racquetball-which won't hurt your hand-eye coordination, either.

Training Secret #2 Think happy. Much has been made of exercise as a stress reliever, but Li believes the workout is that much more beneficial if you have a handle on the stress before you start sweating. “During training you need to think about happy things,” he says. “If you’re angry, then you’re like, ‘Grrr,’ ” and he bunches up as if bound by chains. “I can guarantee the bad energy inside is bothering you. Even if you train for 2 hours, it will still be bothering you for the other 22.”

Training Secret #3 Accept that meditation is not girly. Of all his conditioning techniques, Li prefers meditation over any other, and practices it at least an hour a day. (He’s gone as long as 14 hours.) Li insists that his mental stretching directly affects his body-which he needs to stretch for only 15 minutes afterward. “After you meditate, the inside is already limber,” he says. “So it’s easy to stretch the outside.” Try brief meditations-5 minutes to start, then increase. And give it an honest try. You might be surprised.

When it comes to self-defense, Li, as you might imagine, also has a few moves. But moves are only the beginning. . . .

THE SELF-DEFENSE SECRETS OF JET LI

Self-Defense Secret #1 Keep it simple. Too many guys watching too many movies worry too much about fighting style, says Li. He fell into the same trap. “As I grew up, I tried to create my own style, like Bruce Lee had his.” But now, “I try to have no style. If you think about style first, you still have much to learn. Just be natural.” He points to his water glass. “If I’m thirsty, I pick up the water, I drink it.” He does this and offers a sly smile. “Same thing in martial arts.”

Self-Defense Secret #2 Watch the Discovery Channel. To develop a heart that’s strong enough to stare a man out of attacking him, Li watches nature documentaries. Quite literally, crouching tigers. “That feeling, you stand there, you already have the power.” His voice is soft and his body taut as he imitates the poised beast-and at that moment, across the table, I finally receive the trademark Jet Li death stare. “A lot of people are afraid of you; you can feel it.

That is completely from your energy inside. Watch the tiger. They're scarier before they catch their prey."

Self-Defense Secret #3 Change speeds. "We Asian people are not very tall and don't have big muscles like American guys," says Li, without a hint of shame. "So we're conditioned to make people believe we can fight. To do that, you need training in speed, between the slow and the fast. That's the tricky part. I know I can't move the big people. But if I go slow first . . ." Li's hands inch up from his sides, ". . . then POW, very fast!" and he snake-strikes the air across from me. "Very slow, very fast!" he demonstrates again. Then smiles. "I win."

THE JET LI WORKOUT

We can't turn you into Jet Li overnight (suddenly becoming Chinese would probably be the easiest part), but we can offer a primer on wushu, his fighting curriculum. Daphne Curtis, cofounder of the U.S. Wushu Union, shows us a few good moves.

FRONT PUNCH

Strike with closed fist, rotating the forearm as you extend. This allows the musculature of the arm to direct the maximum possible force, says Curtis. The striking area of the fist is concentrated on the large knuckles of the index and middle fingers.

The Secret: "Powerful hand strikes rely on relaxation and proper body alignment," says Curtis. If you relax the muscles in your arm until the instant of impact, you increase fist speed, since there's less tension working against the muscles delivering the blow. Proper alignment is just good physics: If your body isn't behind the punch, it won't have as much force.

FRONT SPRING KICK

Raise the leg with bent knee toward the target, then snap the lower leg out to strike with the front part of the foot. Practice low and high kicks, from the target's ankle up to his face.

The Secret: "While strength, speed, and flexibility in the kicking leg will produce a fast, high kick, very little force can actually be delivered without a stable supporting leg," says Curtis. Weak legs also mean bad balance and more falls. Squats and forward lunges are great leg builders.

PALM BLOCK

Use the palm of the hand to redirect an attack. This block can be used upward, downward, or to either side, and anywhere within your reach.

The Secret: Think detour, not full stop. "Imagine that instead of stopping the punch or kick, you must move it to the side a little as it's coming toward you," says Curtis. This requires very little force to achieve and can leave your opponent open to a counterstrike.