

YIFEI LIU

WORKOUT ROUTINE



Bonus PDF File
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YIFEI LIU WORKOUT ROUTINE

Training Volume:

5-7 days per week

Explanation:

This program isn't typical in the sense that Liu recommends exercising everyday being that he exercise is usually in the form of different activities like swimming, running, jumping rope and even martial arts and dance. For that reason I put the volume at 5-7 days per week being that I will be giving you resources for all the different activities you can utilize to continue exercising each day like Yifei Liu!

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.

Yifei Liu Workout: Sample Workout Routine Schedule

Monday: Swimming and Stretching/Yoga before bed

Tuesday: Running or Mixed Martial Arts Resource

Wednesday: Swimming and Dance Practice

Thursday: Running or Mixed Martial Arts Resource

Friday: Swimming and Stretching/Yoga before bed

Saturday: Dance Class, Outside Activity, or Track Steps

Sunday: Dance Class, Outside Activity, or Track Steps

Yifei Liu Workout: Swimming Resource

In order to embody Yifei Liu's training we're going to need to swim.

Swimming is her favorite form of cardio and activity, and for that reason we'll be using a specific program that has been shared with us in the past by former celebrities that we can continue to use her.

Celebrity [Nathalie Emmanuel](#) who starred as Missandei in Game of Thrones shared a swimming workout that is her go-to, that we still utilize within our workouts!

- [Speedo Training Plan](#)

You can utilize this to start swimming like Yifei Liu!

Yifei Liu Workout: Running and Mixed Martial Arts

Running Resources

For your running and/or martial arts days I'll also be sharing some resources.

For running I'll give you some levels to go off of, but you can also utilize some other articles as well.

Level One: Run 1-3 Miles

Level Two: Run 3-5 Miles

Level Three: Run 5+ Miles

And, for extra resources you can utilize these articles that are “Couch to 5-10k” style training, and also speed training:

- [The Kid Flash Workout Routine](#) (Couch to 10K + Speed Training)
- [The Constance Wu Workout Routine](#) (Couch to 10K)
- [The Ewan McGregor Workout Routine](#) (Couch to 10K Variation 2)

Mixed Martial Arts Resources

Next on the list is martial arts.

[Jet Li](#) shared a ton of awesome training tips that you can utilize, but we also have a great selection of resources and programs you can choose from as well.

Here’s a list of them:

- [Deathstroke](#)
- [Daredevil](#)
- [Moon Knight](#)
- [Sagat](#)
- [Anna Diop](#)
- [Frank Grillo](#)
- [Ryan Potter](#)

Yifei Liu Workout: Other Activity Resources

We don't actually have a dance class that I can share.

BUT, there are tons of celebrities who like to mix up their training with Zumba if you're specifically looking to dance for fitness.

If not, taking traditional dance classes is another way to embody Liu's training.

I also recommend tracking your steps on days you're not going to be doing some kind of activity (even if that's hiking or playing sports).

Here are some levels for tracking your steps:

Level One (Absolute Beginner): 3-5K per day

Level Two (Beginner – Intermediate): 5-7.5K per day

Level Three (Intermediate – Advanced): 10K+ per day

If you're in decent shape, Level Three should be no problem for you.