

MIKE TYSON [HOME] WORKOUT ROUTINE



Bonus PDF File
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MIKE TYSON WORKOUT ROUTINE

Training Volume:

5+ days per week

Explanation:

Like we've seen in tons of our calisthenics routines, and even more recently our routine shared from Arnold Schwarzenegger himself, these numbers you'll see in the calisthenics portion of the workout are cumulative to be hit throughout your day. That means you can break up the sets and reps into whatever scheme you'd like in order to accomplish the total daily range.

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.

Mike Tyson Calisthenics Workout Routine

Morning Run:

45 minute run; or 3-5 miles daily

Daily Calisthenics Work:

2000 squats

500 tricep extensions

500 pushups

500 shrugs with 30 kilos

500 neck crunches

30 minutes of neck bridges

MMA Training (But not limited to):

10-20 rounds in the ring

45 minutes of technical training

Post Dinner Cardio:

30-60 Minutes of Cardiovascular Training