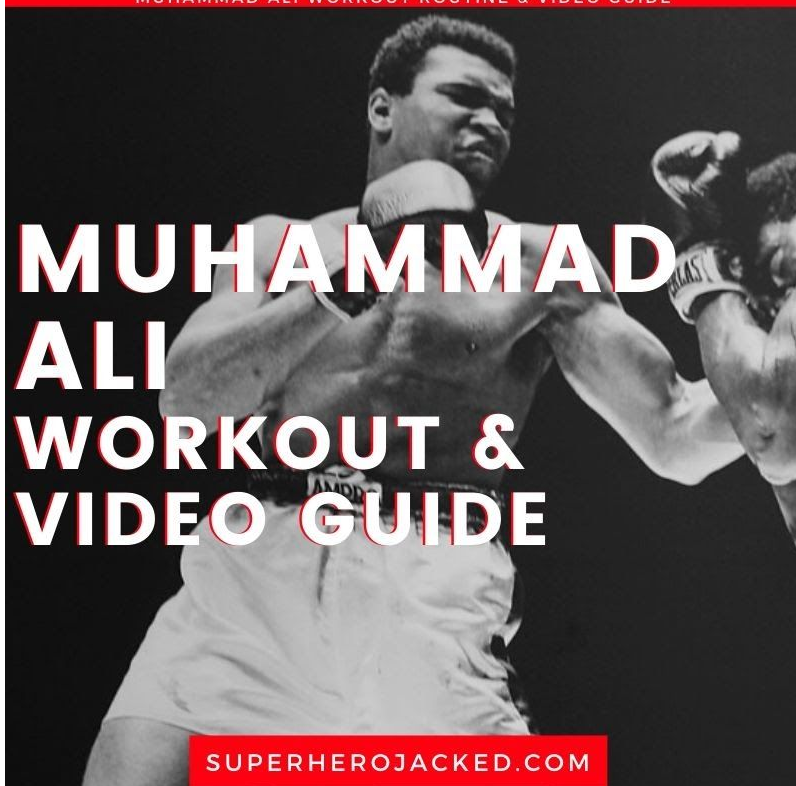


# MUHAMMAD ALI WORKOUT ROUTINE

MUHAMMAD ALI WORKOUT ROUTINE & VIDEO GUIDE



Bonus PDF File  
By: Mike Romaine

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# MUHAMMAD ALI WORKOUT ROUTINE

## Training Volume:

6 days per week, Sunday Rest

## Explanation:

Brandon credits two different sources for his routine, which I'll provide below, and which have also been provided and linked to in his video. You're going to have a full day program here rather than just a session (hit the gym and done) type or programming so be ready to train like the best!

## 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.

## Muhammad Ali Workout: The Daily Routine

### Getting up in the morning 5:30 AM

Stretching

6-mile run

Stretching

## Breakfast

All natural foods, orange juice, water

## **Training at the gym 12:30 PM – 3:30 PM**

Warm up: Loosing up; dancing around on toes

5 × 3 minutes shadowboxing, 30 seconds rest

6 × 3 minutes heavy bag, 30 seconds rest

## Sparring

9 minutes on the speed bag

20 minutes skipping rope

1-minute shadowbox

Stretching Table Sit-ups: legs straight up and down

Stretching Table Sit-ups: legs slightly raised

Reverse Bicycle Crunch

Jump Rope: side-to-side and back-and-forth

Massage after training

## Dinner

Chicken, steak, green beans, potatoes, vegetables, fruits, fruit juice, water