

RYAN GARCIA WORKOUT ROUTINE



Bonus PDF File
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RYAN GARCIA WORKOUT ROUTINE

Training Volume:

One Day of Training (To Be Repeated)

Explanation:

This is how Ryan Garcia is currently training for power without a gym. Garcia and his trainer shared this workout with Men's Health.

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.

Ryan Garcia Workout: Boxer Home Workout and Power Training

Banded Triset:

Band-Resisted Squats: 4 sets of 15 reps

Band-Resisted Overhead Press: 4 sets of 15 reps

Band-Resisted Squat and Press: 4 sets of 15 reps

Conditioning Circuit:

BOSU Ball Step Ups: 1 Minute

BOSU Ball Across Steps: 1 Minute

BOSU Ball Scissor Steps: 1 Minute

Core Circuit (On BOSU Ball):

Plank Position Leg Lifts: 10 reps per left

Plank Position Hip Abduction: 10 reps per side

Plank Position Side To Side (Leg Kicks): 10 reps per side

Cardio Finisher:

Band-Resisted High Knees: 4 Rounds of 10 Seconds

Band-Resisted Skips: 4 Rounds of 10 Seconds

Band-Resisted Lateral Slides: 4 Rounds of 10 Seconds