

MATTHEW RHYS WORKOUT ROUTINE



Bonus PDF File
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MATTHEW RHYS WORKOUT ROUTINE

Training Volume:

3-5 days per week

Explanation:

When preparing for *The Americans* Matthew Rhys was put through some pretty intense training, especially when taking into account that he wasn't training much prior. That being said, he was also on a time restraint. For that reason I'm going to be sharing the workout we saw Russell share as well as other MMA training options for you to take advantage of; but you can pick the best training protocol for you from the list. *(Russell said that she used the programming she shared about 3 days a week for a month or so.)*

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.

Matthew Rhys Workout: Sample Schedule

Monday: MMA Training

Tuesday: Parkour and/or Endurance Work

Wednesday: MMA Training

Thursday: Parkour and/or Endurance Work

Friday: MMA Training

Saturday: Rest Day

Sunday: Rest Day

Matthew Rhys Workout: Training for The Americans

Below are movements that Keri Russell utilized with her trainer and were shared by Zeisler (her trainer) and Shape.com.

I will also be sharing a handful of other training options that you can take advantage of to replicate all the different style of training Rhys had to endure!

1. Self-Defense Burpee

- A. Start in fighting stance.
- B. Squat down and place both hands on the floor.
- C. Shoot legs out to a plank position.
- D. Return to fighting stance with arms up. Perform 2 straight strikes.

Sets: 1

Reps: 12

2. Push Kick Jumping Jack

- A. Start in fighting stance with left foot in front.

B. Kick left leg, imagining driving ball of foot into the groin of a male attacker as you kick up above hips.

C. Do 1 jumping jack and land in the opposite fight stance with right foot in front. Kick again, this time with right leg. Continue, alternating legs.

Sets: 1

Reps: 15

3. Cross-Over Heel Kick

A. Come to hands and knees with chest up.

B. Drive left heel diagonally across body. Return to starting position.

Sets: 1

Reps: 15 per side

4. Plank Elbow Twist

A. Start in a plank position. Hold for 5 seconds.

B. Swing right elbow up toward ceiling, twisting body. Return to starting position and repeat with left arm. Continue, alternating arms.

Sets: 1

Reps: 15 per side

Matthew Rhys Workout: Mixed Martial Arts Training Resources

Here are a handful of other mixed martial arts workout routines that you can utilize in place of (or with) the above training protocol.

Choose the best for you and get started!

- [Deathstroke Workout Routine](#)
- [Daredevil Workout Routine](#)
- [Moon Knight Workout Routine](#)
- [Sagat Workout Routine](#)
- [Anna Diop Workout Routine and Diet Plan](#)
- [Frank Grillo Workout Routine and Diet Plan](#)
- [Ryan Potter Workout Routine and Diet Plan](#)

Matthew Rhys Workout: Parkour and Endurance Training Options

On top of mixed martial arts training you can also include an array of other training styles; but parkour and endurance work really well if you're looking to get into KGB spy shape.

Here's another section of great resources we have available for you to take advantage of.

Parkour Training Resources:

- [The Nightrunner Parkour Workout Routine](#)
- [The Assassin's Creed Parkour Workout Routine](#)
- [The Robbie Amell Parkour Workout Routine](#)

Endurance Resources:

- [Constance Wu Workout Routine and Diet Plan](#)
- [Ewan McGregor Workout Routine and Diet Plan](#)
- [Kid Flash Workout Routine and Diet Plan](#)

- [Grant Gustin Workout Routine and Diet Plan](#)

Speed Training Resources:

- [Kid Flash Workout Routine and Diet Plan](#)