

COBRA KAI INSPIRED WORKOUT ROUTINE



Bonus PDF File
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The information provided in this book is based upon my experiences as well as my interpretations of the current research available.

The advice and tips given in this course are meant for healthy adults only. You should consult your physician to insure the tips given in this course are appropriate for your individual circumstances.

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COBRA KAI INSPIRED WORKOUT ROUTINE

Training Volume:

One Workout To Be Repeated

Explanation:

For this one we're going to be training like Tom Scott, an Olympic Karate Champion!

We're lucky enough to have a variation of his training that he shared with *Men's Health* to put to the test!

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.

Tom Scott's Olympic Karate Workout

TRISSET 1 – 3 ROUNDS

1A. Band Resisted Trap Bar Deadlift – 3 sets of 5 reps

1B. Depth Drop to Explosive Hurdle – 3 sets of 6 reps

1C. Pallof Press with Overhead Lift – 3 sets of 8 reps

TRISSET 2 – 3 ROUNDS

2A. Sandbag Lunge with Rotation – 3 sets of 8 reps

2B. Band-Resisted Inverted Row – 3 sets of 8 reps

2C. Bear Crawl Sandbag Tug – 3 sets of 8 reps

TRISSET 3 – 3 ROUNDS

3A. Band Resisted Pushup – 3 sets of 8 reps

3B. Med Ball Throw Sequence – 3 sets of 5 reps

3C. Band-Resisted Knee Drive – 3 sets of 8 reps

CONDITIONING – 3 ROUNDS

4A. Assault Bike – 3 rounds of 1 minute, scaled intensity

4B. Karate Movements – 3 rounds of 1 minute

Cobra Kai Inspired Workout Routine: Example MMA Training Schedule

Being that the above training schedule is pretty intense, I also wanted to give you guys an idea of some other training schedule we've seen that was extremely intense in preparation for MMA.

Ironically enough it was for [Jonny Lee Miller](#) (*ironic because it's Jonny!*). Miller completed this schedule 5-6 days a week to prepare for his fight:

Jonny Lee Miller Workout: Evolution Muay Thai Training

Running: 30+ minutes

Conditioning: 30 minutes

Bag Work: 30 minutes

Clinch: 30 minutes

Hitting Pads: 30 minutes

Holding Pads: 30 minutes

Jump Rope/Shadow Boxing: 15 minutes

Stretching Foam Rolling: 15 minutes

Cobra Kai Inspired Workout Routine: Alternative MMA Training Resources

Of course you don't HAVE to train like a Karate Champion.

*We have other superhero/anime/and even video game inspired MMA workout routines
you can utilize to get you into Cobra Kai shape as well!*

- [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](#)