

LIN BEIFONG 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.

If you have any health issues or pre-existing conditions, please consult with your physician before implementing any of the information provided in this course.

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LIN BEIFONG WORKOUT ROUTINE

Training Volume:

5 days per week

Explanation:

To train like Lin we're going to be utilizing 3 days of calisthenics and endurance mixed with some HIIT and core work. These days will be fairly high in volume but then it'll be your job to fit in endurance, mixed martial arts and parkour training (pick one of the three) into another two days a week based on the category you most want to focus on.

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.

Lin Beifong Workout Routine: Sample Workout Schedule

Monday: Beifong Calisthenics, Endurance and Core A

Tuesday: Endurance, Parkour or Mixed Martial Arts Training

Wednesday: Beifong Calisthenics, Endurance and Core B

Thursday: Endurance, Parkour or Mixed Martial Arts Training

Friday: Beifong Calisthenics, Endurance and Core C

Saturday: Optional Bonus Training Day

Sunday: Rest Day

Lin Beifong Workout Routine: Beifong Calisthenics, Endurance and Core A

Warm Up:

2×25 High Knees

2×25 Butt Kickers

Endurance Work:

Run 1 Mile

Calisthenics HIIT: Complete 3 Rounds

50 Jump Rope or Jumping Jacks

15 Bodyweight Skull Crushers

50 Jump Rope or Jumping Jacks

20 Explosive Push Ups

50 Jump Rope or Jumping Jacks

15 Chin Ups

50 Jump Rope or Jumping Jacks

20 Donkey Kicks Each Leg

Core Work:

Plank

3×60 seconds

Sit Ups with Twist

3×20

Hanging Knee Raises

3×20

**Lin Beifong Workout Routine: Beifong Calisthenics,
Endurance and Core B**

Warm Up:

2×25 High Knees

2×25 Butt Kickers

Endurance Work:

Run 1 Mile

Calisthenics HIIT: Complete 3 Rounds

50 Jump Rope or Jumping Jacks

20 Push Ups

50 Jump Rope or Jumping Jacks

20 Air Squats

50 Jump Rope or Jumping Jacks

20 Pike Push Ups

50 Jump Rope or Jumping Jacks

20 Dips

Core Work: Complete 2 Rounds

30 Seconds of Bicycle Crunches

30 Second Hollow Hold

30 Seconds of V-Ups

30 Second Reverse Superman Hold

30 Seconds of Lying Leg Raises

30 Second Plank

Lin Beifong Workout Routine: Beifong Calisthenics, Endurance and Core A

Warm Up:

2×25 High Knees

2×25 Butt Kickers

Endurance Work:

Run 1 Mile

Calisthenics HIIT: Complete 3 Rounds

50 Jump Rope or Jumping Jacks

10 Pull Ups

50 Jump Rope or Jumping Jacks

20 Lunges

50 Jump Rope or Jumping Jacks

10 Burpees

50 Jump Rope or Jumping Jacks

20 Chair Dips

Core Work:

Russian Twists

3×45 seconds

Slow Crunches

3×30

Hanging Knee Raises w/ Twist

3×20

Lin Beifong Workout Routine: Bonus Training Resources

MMA Training Resources:

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

Parkour Training Resources

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

HIIT Resources:

- [The Best HIIT Workouts to Add to your Workout](#)
- [Jump Rope Workout Database](#)

Endurance Training 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](#)
- [How To Continue Training After Your First 5k \(Workout Included\)](#)