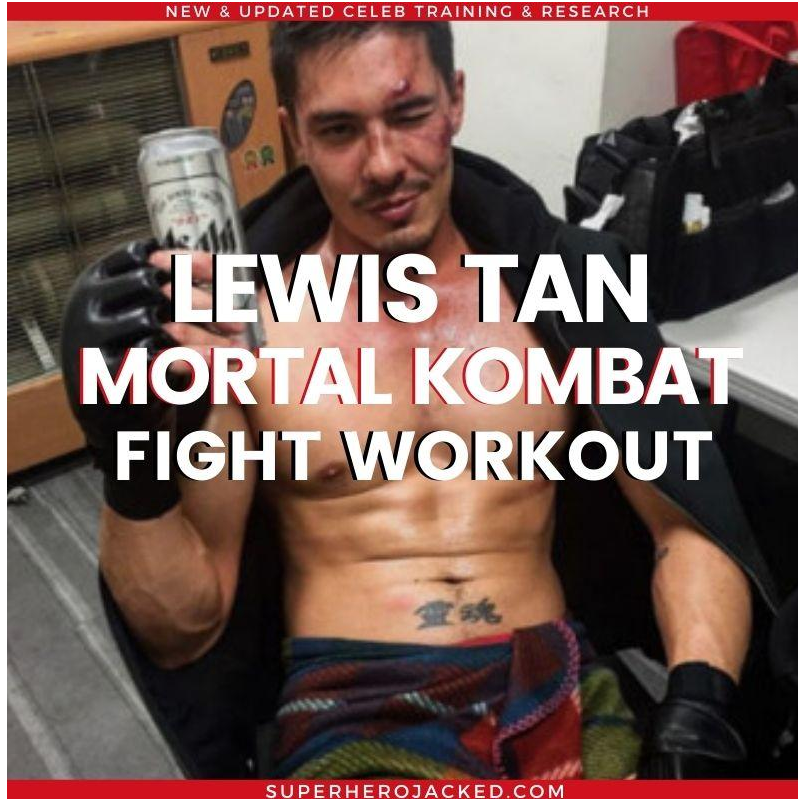


LEWIS TAN WORKOUT ROUTINE

NEW & UPDATED CELEB TRAINING & RESEARCH



SUPERHEROJACKED.COM



Bonus PDF File
By: Mike Romaine

Copyright Notice

No part of this report may be reproduced or transmitted in any form whatsoever, electronic, or mechanical, including photocopying, recording, or by any informational storage or retrieval system without expressed written, dated and signed permission from the author. All copyrights are reserved.

Disclaimer and/or Legal Notices

The information provided in this book is for educational purposes only. I am not a doctor and this is not meant to be taken as medical advice.

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.

This product is for informational purposes only and the author does not accept any responsibilities for any liabilities or damages, real or perceived, resulting from the use of this information.

LEWIS TAN WORKOUT ROUTINE

Training Volume:

One Day of Training

(To Be Repeated and Varied w/ Other Training)

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.

Lewis Tan Mixed Martial Arts Workout

This workout is shared by Men's Health, Lewis Tan and Seng Kawee!

Workout:

Basic Stretching

Scorpion Stretch

Shadow Boxing in Mirror

Paddle Work

(Front Kick, Side Kick, Axe Kick, etc.)

Muay Thai Boxing

Muay Thai Drills

Combinations with Pads

Weapons Training

Katana Training, Nunchucks, Staff, Axe, etc.

Fight Choreography

Stick Choreography and Overall Fight Choreography

Wire Harness Training

Trick Kicks and Trick Spins hanging from wire.

Full Body Circuit (Super lightweight, one round through):

Hammer Curls

Shoulder Press

Dumbbell Shrugs

Split Squats

Jump Squats (Weighted)

Bicep Curls

Tricep Extension

Deadlifts

Bench Press