

# LING YAO

## WORKOUT ROUTINE



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 ensure 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.

# MAKI OZE WORKOUT ROUTINE

## Training Volume:

5 days per week

## Explanation:

We're going to have a mix of 3 days of full body calisthenics with high intensity cardio work in between (get your jump ropes out) and then a day devoted to pure endurance work and another day that you'll be devoting to some actual MMA-styled training that we'll pull from some celebrity workouts we've seen in the past.

## 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.

## Ling Yao Workout Routine: Sample Workout Schedule

**Monday:** Martial Artist Calisthenics HIIT A

**Tuesday:** Endurance Work

**Wednesday:** Martial Artist Calisthenics HIIT B

**Thursday:** Mixed Martial Arts Training

**Friday:** Martial Artist Calisthenics HIIT C

**Saturday:** Optional Additional Resources (Or Active Off Day)

**Sunday:** Mandatory Rest Day

## **Ling Yao Workout Routine: Martial Artist Calisthenics HIIT A**

### **Warm Up:**

400m Jog

### **Workout: Complete 3-5 Rounds**

50 Boxer Skips

30 Jumping Lunges

50 Boxer Skips

25 Sit Ups

50 Boxer Skips

20 Explosive Push Ups

50 Boxer Skips

15 Dips

50 Boxer Skips

10 Chin Ups

## **Ling Yao Workout Routine: Endurance Work**

**Complete your Endurance Training based on your Overall Fitness Level:**

**Beginner:** Run 1-3 Miles

**Intermediate:** Run 3-5 Miles

**Advanced:** Run 5+ Miles

**Optional Alternative Training:**

- [The Best HIIT Workouts](#)

**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 Train After Your First 5K \(Workout Included\)](#)

## **Ling Yao Workout Routine: Martial Artist Calisthenics HIIT B**

**Warm Up:**

400m Jog

**Workout: Complete 3-5 Rounds**

50 Boxer Skips

30 Alternating Pistol Squats

50 Boxer Skips

25 Lying Leg Raises with Hip Thrust

50 Boxer Skips

20 Decline Parallette Push Ups

50 Boxer Skips

15 Plank to Push Ups

50 Boxer Skips

10 Pull Ups

**Ling Yao Workout Routine: Mixed Martial Arts Training**

Train using one of the MMA training days from one of the following celebrity routines:

- [Anna Diop Workout Routine and Diet Plan](#)
- [Ryan Potter Workout Routine and Diet Plan](#)

- [Frank Grillo Boxing Workout](#)

### **Other MMA Training Resources:**

- [Deathstroke Workout Routine](#)
- [Daredevil Workout Routine](#)
- [Moon Knight Workout Routine](#)
- [Sagat Workout Routine](#)

## **Ling Yao Workout Routine: Martial Artist Calisthenics HIIT C**

### **Warm Up:**

400m Jog

### **Workout: Complete 3-5 Rounds**

50 Boxer Skips

30 Glute Bridges

50 Boxer Skips

25 V-Ups

50 Boxer Skips

20 Close to Wide Push Ups

50 Boxer Skips

15 Dips

50 Boxer Skips

10 Pike Push Ups

## **Ling Yao Workout Routine: Optional Additional Training Resources**

### **Parkour Training Resources:**

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

### **More Jump Rope Training:**

- [Jump Rope Workout Database](#)