

LUDI LIN “FIREBALL” WORKOUT ROUTINE

NEW & UPDATED CELEB TRAINING & RESEARCH



LUDI LIN MORTAL KOMBAT WORKOUT ROUTINE

SUPERHEROJACKED.COM



Bonus PDF File
By: Mike Romaine

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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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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.

Ludi Lin *Mortal Kombat* “Fireball” Workout Routine

This workout is shared by Men’s Health, Ludi Lin and trainer Owen Chau!

Stability Workouts:

Turkish Getups

3×5 per side

Concentration Training

Breathing Drills

3×60 Seconds

Power Training:

Push Ups

3×20

Projection Training:

Single Arm Kettlebell Swings

10×10 each arm