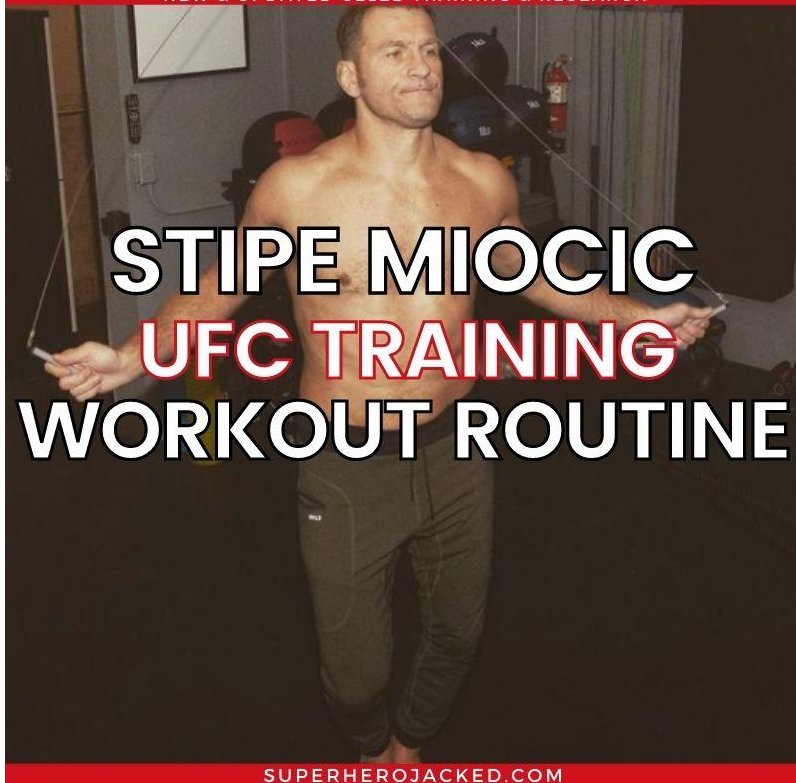


STIPE MIOCIC LEG WORKOUT ROUTINE

NEW & UPDATED CELEB TRAINING & RESEARCH



STIPE MIOCIC UFC TRAINING WORKOUT ROUTINE

SUPERHEROJACKED.COM



Bonus PDF File
By: Mike Romaine

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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.

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STIPE MIOCIC LEG 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 & traditional pyramid training, straight sets, super sets, progressive overload and more.

Stipe Miocic Leg Workout

This workout is shared by Men's Health, Stipe Miocic's strength and conditioning coach Bobby Kaleall', and Miocic.

Stretching and/or Dynamic Warm Up:

10-12 reps with 2-4 different banded stretches for both lower and upper body

Warm Up:

Band Resisted Shadow Work: 2-3 Minutes

No Resistance Shadow Work: 2-3 Minutes

Band Resisted Shadow Work: 2-3 Minutes

No Resistance Shadow Work and Speed Work: 2-3 Minutes

Eye-Hand Coordination Drills

Knee Stabilization Work

The Workout:

Belt Squat-Resisted Deadlift Squat Combo

Alternating 3 Reps each for 5 Minutes

Leg Press Plyo Swing

5 Minutes

Assisted Nordic Curl

5 Minutes

Band Resisted Ab Work

5 Minutes

Pull Ups

5 Minutes

Reverse Hypers

5 Minutes

In between breaks for these exercises Stipe also does shadowboxing and kicks to stay loose and keep up the endurance.