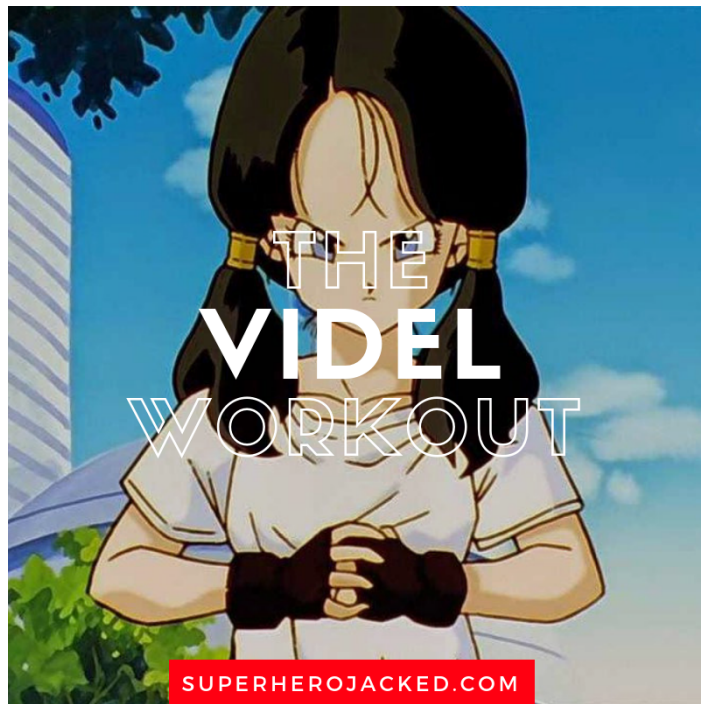


VIDEL

WORKOUT ROUTINE



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 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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Videl Workout Routine

Training Volume:

6 days per week

Explanation:

I'm going to be programming you mixed martial arts via Coach Derek's programs, bodyweight/calisthenics programming, endurance work, and some high intensity training.

Videl Workout Day One: MMA and Calisthenics

Warm Up:

Stretch

3×100 Jump Rope

Workout:

3×5 Burpees

3×10 Pull Ups

3×15 Dips

3×20 Hanging Leg Raises

3×25 Air Squats

3×30 Push Ups

3×60 Second Planks

MMA Programming:

All heroes should know how to defend themselves.

Check out MMA programs on the site from Coach Derek here: [Moon Knight](#), [Deathstroke](#), [Daredevil](#).

For some Thai Boxing fun check out [Anna Diop's](#) routine.

The [Parkour Workout](#) (Nightrunner) designed by [Academy](#) member Felix.

Videl Workout Day Two: Endurance Training

Warm Up:

Stretch

Workout:

Run 2-3 miles

Circuit:

3 Rounds for Time

5 Burpees

10 Inchworms

5 Lying Leg Raises

Videl Workout Day Three: MMA and Calisthenics

Warm Up:

Stretch

3×100 Jump Rope

Workout:

3×5 Burpees

3×10 Pull Ups

3×15 Dips

3×20 Hanging Leg Raises

3×25 Air Squats

3×30 Push Ups

3×60 Second Planks

MMA Programming:

All heroes should know how to defend themselves.

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Videl Workout Day Four: Endurance Training

Warm Up:

Stretch

Workout:

Run 3-4

Circuit:

2 Rounds for Time

10 Plank to Push Ups

15 Second Side Plank (Right)

10 Pistol Squats

15 Second Side Plank (Left)

Videl Workout Day Five: MMA and Calisthenics

Warm Up:

Stretch

3×100 Jump Rope

Workout:

3×5 Burpees

3×10 Pull Ups

3×15 Dips

3×20 Hanging Leg Raises

3×25 Air Squats

3×30 Push Ups

3×60 Second Planks

MMA Programming:

All heroes should know how to defend themselves.

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Videl Workout Day Six: Long Endurance Training

Warm Up:

Stretch

Workout:

Run 5+ miles