

CHUN LI 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.

CHUN LI WORKOUT ROUTINE

Training Volume:

4-5+ days per week

Explanation:

For this one we're going to have a killer Upper/Lower Body Split which will enable us to hit our lower body hard twice per week to get Chun Li's famous legs, while also sculpting her toned arms, shoulders, back and core as well! I'll also be tacking on HIIT finishers as well as a Street Fighter Circuit Test you can add on weekly, biweekly or monthly to have fun and step it up a notch – as well as tacking on extra endurance work on the weeks you don't tackle the circuit.

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

Chun Li Workout Routine: Sample Workout Schedule

Monday: Lower Body A

Tuesday: Upper Body A

Wednesday: Street Fighter Circuit Test

Thursday: Lower Body B

Friday: Upper Body B

Saturday: Active Rest

Sunday: Rest Day

Chun Li Workout Routine: Lower Body A

Warm Up:

10-30 Minutes of Varied Cardio

Workout:

Back Squats

3×12, 10, 8

Romanian Deadlift

3×10

Leg Extensions

3×10

Leg Curl

3×10

Cable Pullthroughs

3×10

Core Work:

Hanging Leg Raises

3×20

Sit Ups

3×20

[Optional] High Intensity Interval Training:

Complete 20-30 Minutes of HIIT Sprints:

- 1 Minute ON: Sprint/Jog for 1 Minute
- 1 Minute OFF: Walk/Cooldown for 1 Minute
- Rinse and Repeat

Chun Li Workout Routine: Upper Body A

Warm Up:

10-30 Minutes of Varied Cardio

Workout:

Barbell Bench Press

3×12, 10, 8

Skull Crushers

3×12

Barbell Rows

3×15

DB Bicep Curls

3×10 each arm

Intensity Finisher: Complete 3 Rounds for Time

50 Jump Rope Skips

10 Curl to Press

50 Jump Rope Skips

15 Mountain Climbers

50 Jump Rope Skips

20 3 Point Goblet Squats

Chun Li Workout: Street Fighter Circuit Test

In a perfect world our [Academy](#) members or [90 Day System](#) members will use this day to work in our Benchmark Workouts to continue testing and improving scores and tracking them against other members; especially our SHJ Core Benchmarks (although our Hero Benchmarks are just as awesome).

If you are not an Academy member or you don't have access to a 90 Day System, you can also sub in different circuits here from some of the HIIT resources I provide.

(Another note: You should continue coming back and re-trying to workout every so often to see how much you can improve your score!)

Street Fighter Circuit Test: Complete For Time

Run 1 Mile

Complete 4 Rounds:

25 Pause Push Ups

20 Kettlebell Swings

15 Dips

10 Weighted Lunges

Chun Li Workout Routine: Lower Body B

Warm Up:

10-30 Minutes of Varied Cardio

Workout:

Conventional Deadlift

3×12, 10, 8

Leg Press

3×15, 12, 10

Glute Bridges

3×15

Bulgarian Split Squats

3×10 each leg

Box Jumps

3×12

Core Work:

Cable Crunches

3×20

Russian Twists

3×30

[Optional] High Intensity Interval Training:

Complete 20-30 Minutes of HIIT Sprints:

- 1 Minute ON: Sprint/Jog for 1 Minute
- 1 Minute OFF: Walk/Cooldown for 1 Minute
- Rinse and Repeat

Chun Li Workout Routine: Upper Body B

Warm Up:

10-30 Minutes of Varied Cardio

Workout:

Overhead Press

3×12, 10, 8

Chin Ups

3×10

Chest Flys

3×10

Lateral Raises

3×12, 10, 8

Intensity Finisher: Complete 3 Rounds for Time

50 Jump Rope Skips

10 Kettlebell Swings

50 Jump Rope Skips

15 Sit Up Ball Toss

50 Jump Rope Skips

20 Kettlebell Deadlifts [Light]

Chun Li Workout: Optional Endurance Training

For your endurance, HIIT or MMA/Parkour days you have quite a few options.

You can utilize enforced endurance training that I will program for you based on your fitness level like we do with other workouts here at SHJ...OR you can do 45-60+ minutes of varied cardio (bike, treadmill, elliptical, stairs, row, swim, etc.)...OR you can even use the HIIT resources I'll provide.

I'll break it down in that order:

Option One – Run Based on Overall Fitness Level:

Beginner: 1-3 Miles

Intermediate: 3-5 Miles

Advanced: 5+ Miles

Endurance Work 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 Continue Training After Your First 5K \(Workout Included\)](#)

Option Two – Varied Cardio for 45-60 Minutes:

Split your cardio up however you'd like but complete 45-60+ minutes using:

- Treadmill Walk/Run
- Rower Machine
- StairMaster
- Elliptical
- Swim
- Bike

Option Three – Complete HIIT Training Using SHJ Resources:

- [The Best HIIT Workouts](#)
- [Jump Rope Workout Database](#)
- [Academy Members](#): Insert a Benchmark Hero Workout (Circuit) or SHJ Core Circuit Test

Chun Li Workout: Bonus Training Resources

Parkour Training Resources:

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

Main MMA Training Resources

- [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](#)