

SUPERX



TRAIN LIKE
SIMU LIU

WITH HIS SHANG-CHI WORKOUT





WORKOUT 1

CARDIO AND ENDURANCE

WARMUP: AIR BIKE

for 5 minutes

1A. BARBELL DEADLIFT WITH BAND - 5 supersets of 5-10 EXPLOSIVE LIGHT reps

1B. BOX JUMPS
- 5 supersets of 5 reps

2A. SLED PUSH TO SPRINT - 5 supersets of 20 yards

2B. ROTATIONAL MED BALL SLAM
- 3 supersets of 5 per side

3A. LAT PULLDOWN
- 3 supersets of 15 reps

3B. DUMBBELL LATERAL RAISE - 3 supersets of 15 reps

WORKOUT 2

UPPER BODY MUSCLE BUILDING

1: HEAVY BARBELL DEADLIFTS
- 5 sets of 5 reps

2: KETTLEBELL SWINGS - 5 sets of 25 reps

3: INCLINE DUMBBELL BENCH PRESS - 4 sets of 12-15 reps

4: DUMBBELL ARNOLD PRESS - 4 sets of 12-15 reps

5: BARBELL BENT-OVER ROW - 4 sets of 12-15 rep



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