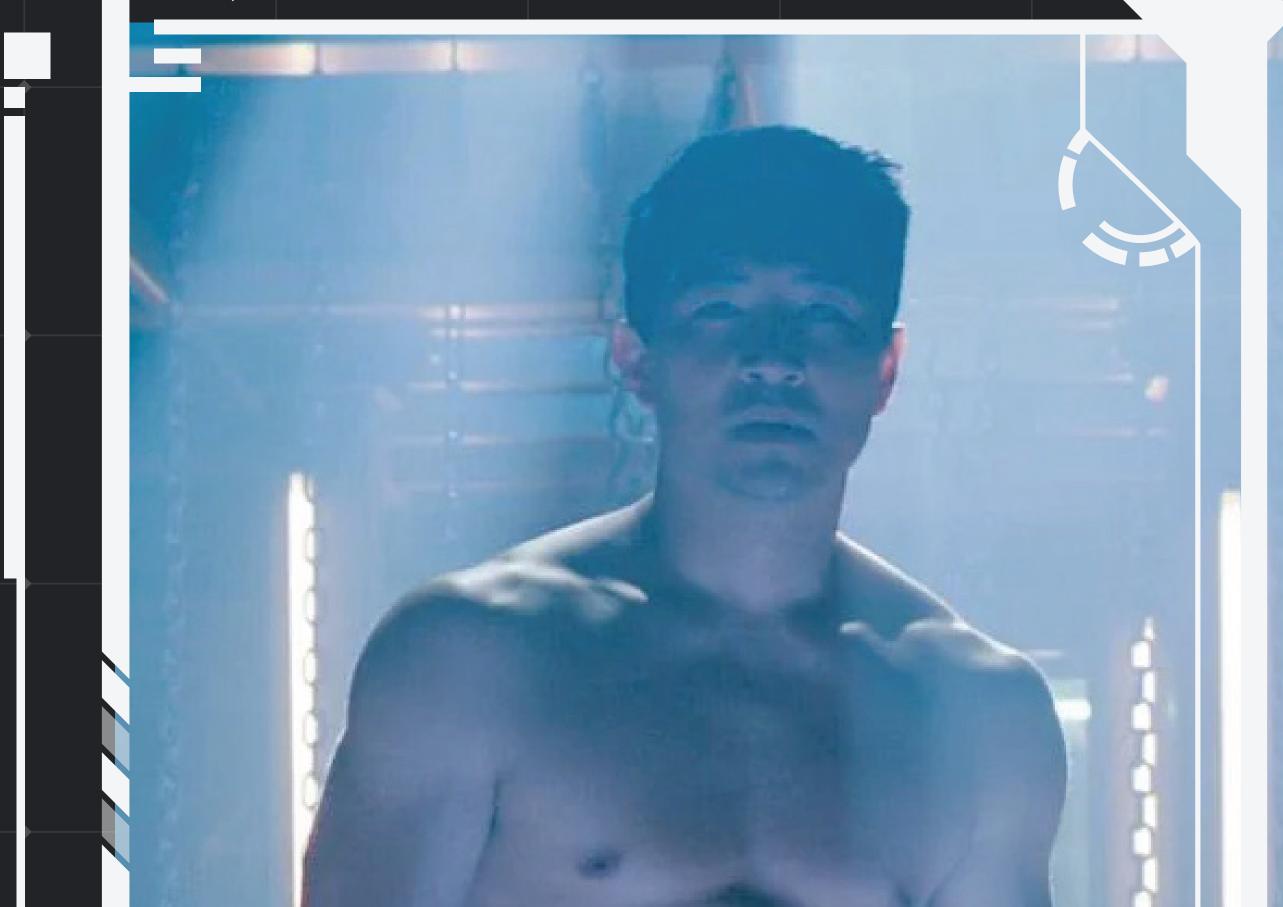
SUPERX



TRAIN LIKE SINU 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

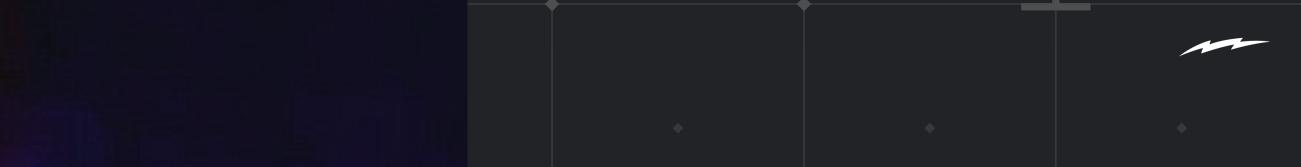
– 5 sets of 5 reps

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 ROШ – 4 sets of 12-15 rep



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5UPERX

