



# DOUBLE ENTENDRE

## RYU TRAINING ARC

### OBJECTIVE:

To build a functional and appealing figure like Ryu the World Warrior.  
(WIDTH NOT GUARANTEED)

### SETS/REPS:

*Strength*: 3-5 Sets/3-5 Reps: Focus on moving as much weight as possible

*Power*: 3-5 Sets/1-6 reps: Focus on being explosive, this is not cardio

*Hypertrophy*: 3-4 sets/8-12 reps: Focus on slow and controlled movements

### FREQUENCY:

3x/week full body: *Strength*, *Power*, and *Hypertrophy* (minimum of 1 day rest between)

2x/week *HIIT* and *Flexibility* (optional)

### EQUIPMENT

Full gym access.

## LEGEND:

### REGRESSED:

the less intense version of the exercise, use if you cannot perform standard

### PROGRESSED:

the more intense version of the exercise, use if you need more of a challenge

kb: kettlebell

db: dumbbell

bb: barbell

plyo: plyometric

bw: body weight

OHP: overhead press

RDL: Romanian deadlift

\*: superset, perform exercise immediately after the preceding

REST 90 SECONDS TO 5 MINUTES BETWEEN SETS

## DAY 1: *Strength*

REGRESSED	EXERCISE	PROGRESSED	SETS/REPS
-kb deadlift	-bb deadlift	-	5 x 3-5
-db benchpress	-bb bench	-	5 x 5-6
-goblet/bw squat	-bb back squat	-	4 x 3-5

## DAY 2: *Power*

-hand elevated plyo pushups	-plyo pushups	-increase reps	5 x 3-6
-bw squat	-box jumps	-single leg box jump	4 x 1-6
-med ball down slams	-med ball sidetoss	-karaoke to medball sidetoss	3 x 3-6
-plyo band rows	-pullups	-add weight	5 x 1-6
-kb deadlift	-kb swings	-kb snatch	3 x 3-6

## DAY 3: *Hypertrophy*

-db benchpress *bw split squat	-db benchpress *db split squat	-db benchpress *Bulgarian split squats	4 x 8-12
-kb deadlift *band bent-over rows	-db RDL *db bent-over rows	-bb RDL *bb bent-over rows	4 x 8-12
-incline db bench press *band pull-a-parts	-seated db OHP *rear delt flies	-seated bb OHP *rear delt flies	4 x 8-12
-TRX curls *TRX tricep ext.	-db curls *db skullcrushers	-EZ bar curls *EZ bar skullcrushers	3 x 8-12
-bw calf raises	-seated calf raises	-donkey calf raises	3 x 8-12

# HIIT w/ FLEXIBILITY

(High Intensity Interval Training)

## DAY 1:

INSTRUCTION	EXERCISE	TIME
2 rounds: 8 min total	-shadow boxing	20 sec on, 10 sec off
Complete each exercise twice (total of 1 min) then move to next.	-battle ropes -ladders: lateral shuffle -mountain climbers	- - -
-	-toe touches -piriformis hug -quad stretch -lizard stretch -cross body arm -downdog -seal stretch -scorpion stretch -child's pose	Hold each for 60-90 seconds
DAY 2:	2 rounds: 8 min total	-wall balls
Complete each exercise twice (total of 1 min) then move to next.	-pushups -ladder: karaokes -plank	- - -
-	-toe touches -piriformis hug -quad stretch -lizard stretch -cross body arm -downdog -seal stretch -scorpion stretch -child's pose	Hold each for 60-90 seconds