

How to Train Like a **Super Saiyan**

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Go 100 times Earth's gravity

Perform an exercise in slow motion to force already tired muscles to work in an almost isometric fashion really loading them along their entire length.

Example do 10-count push-ups: count to 5 as you lower your body to the floor count to 5 as you push yourself up

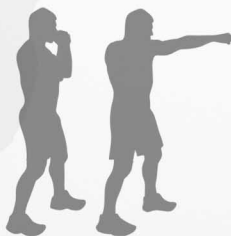


Go combo

Pick a combination from martial arts and do it again and again and again until your body flows in the movements and you can feel your muscles thrumming every time you perform it.

Combos

jab+jab+cross
double turning kick,
backfist + turning kick,
double punch + side kick.



Go the extra mile

Get to as many places as you can on foot. Carry your groceries, take stairs, cycle instead of driving - take the harder route.

Go super static

Set a timer and every hour sit with your back against the wall or hold a plank for as long as you can each time.

Go aerobic

Combine whatever training you are currently doing with a regular run each day. It doesn't matter how far you go as long as you run every day and run at your top speed for as long as you can.

Go extra weight

Go through the day wearing ankle weights. This adds an extra load on your leg muscles as well as your body, forcing it to adapt all day.



Go double reps

Pick your favourite workout routine and double the reps per set.

Go super saiyan

Pick three workouts and do them back-to-back. It should last you at least 10 episodes.