

SIX EXERCISES TO TRAIN LIKE JIN FROM TEKKEN 7

TEKKEN, the beloved fighting video game we've all been playing since 1994, returns with its seventh iteration this month. To celebrate its release, we asked Eric Jacobus, martial artist, stuntman and the creator of the "TEKKEN In Real Life Series", to develop these workouts that will help you become like one of TEKKEN's most popular characters: Jin Kazama. You'll be able to strike punches much better and to absorb blows more effectively, as well as boost your stamina levels



1/ FUJI CLIMBERS

- [A] Get into a plank position, but resting on your fists. Place a towel underneath if it's too painful at first.
- [B] Bring your knees up to your chest, one at a time, as quickly as you can.



2/ KI SQUATS

- [A] Stand with your feet shoulder-width apart, and your hands reaching out to your sides.
- [B] As you squat until your thighs are parallel to the floor, gather your ki and channel it forwards.

DESIGNED BY

Eric Jacobus, stuntman, fight coordinator and filmmaker ([YouTube.com/stuntpeople](https://www.youtube.com/stuntpeople))

BEST FOR

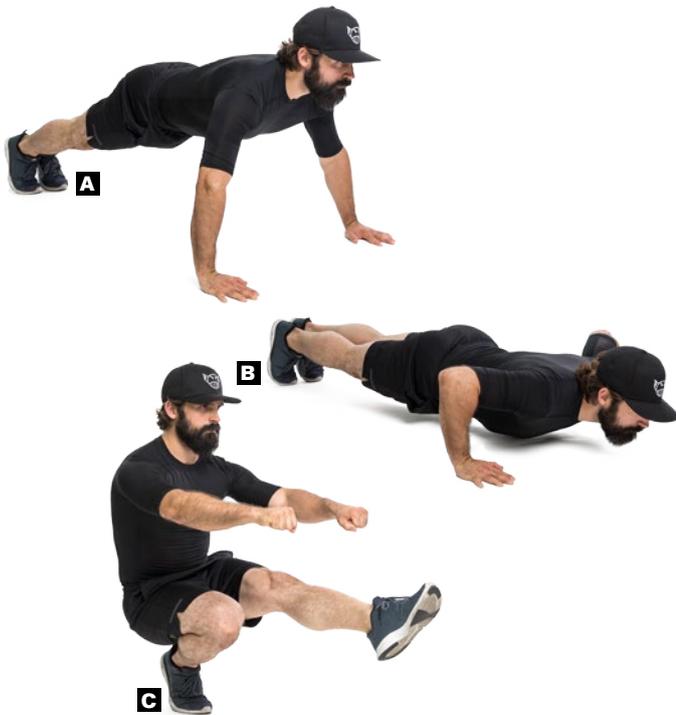
Strengthening your arms, improving your conditioning, and increasing your durability.

DIRECTIONS

Perform each exercise for 30 seconds in the order shown, resting 30 seconds between exercises. Complete 3 to 5 rounds.

TEKKEN 7 is out worldwide
on 2 June 2017 for
PlayStation 4, Xbox One and
PC. For more info, visit
tekken.com

TEKKEN 7



3/ BURPEE KICKS

[A] Start from a plank position.

[B] Perform a push-up. As you return to a plank, bring your knees explosively up towards your knees, and land on the balls of your right foot.

[C] Immediately kick your left foot in front of you. Extend your fists forward for balance.

Return to start, and repeat with your right foot.



5/ PUNCH CRUNCHES

[A] Lie down on your back, with your legs bent, feet planted on the floor, and fists by your chin.

[B] Squeeze your abs, and lift your upper body up. Punch using your left fist.

Return to start, and repeat with your right fist.



4/ ULTRAMEN

[A] Lie down on your stomach, with your arms bent and fists by your shoulders.

[B] Squeeze your back and glutes, and lift your fists, chest and legs up. Hold for one second, then return to start.



6/ PUNCH PLANK

[A] Get into a plank position, but resting on your fists. Place a towel underneath if it's too painful at first.

[B] Lift your left fist and punch forward.

Return to start, and repeat with your right fist.