

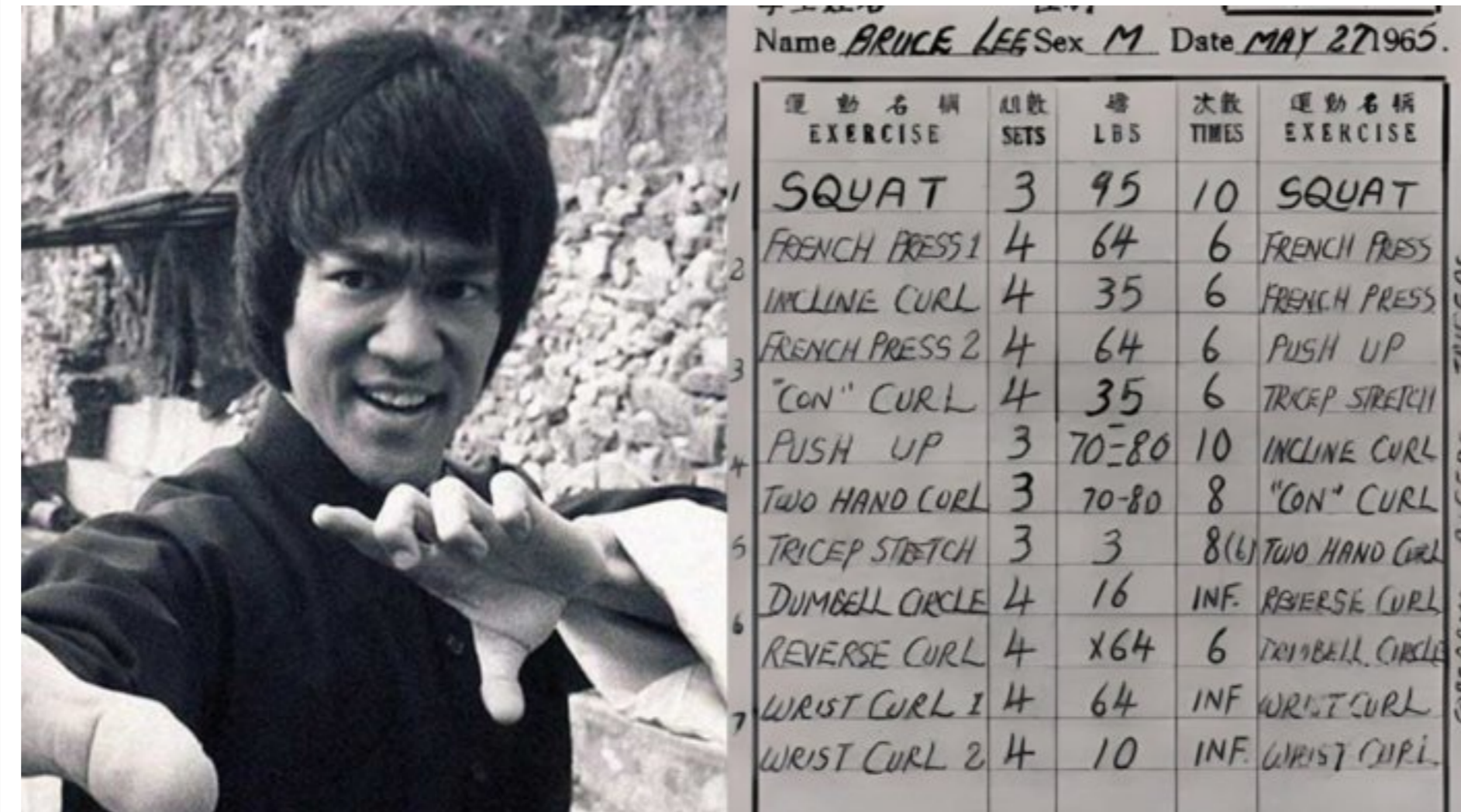
## An Old Photo of Bruce Lee's Workout Routine Goes Viral



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The 50th anniversary of [Bruce Lee's](#) passing is slowly approaching. Many consider the prime years of the San Francisco native to be the greatest in the history of modern-day martial arts. While others have estimated that he was the best athlete ever to live, pound for pound. To this day, Bruce Lee holds seven world records involving punching power, his trademark nunchucks, punching speed (9 punches in 1 second), and kicking speed (6 kicks in 1 second). To put things further into perspective, Bruce Lee was about two inches shorter and three pounds lighter than Floyd Mayweather Jr., but his punching power registered at 350 lbs which was the equivalent of a strike from Muhammad Ali during his heyday.

According to historians, the consensus belief is that Bruce Lee never lost a fight. However, in the years that followed his death, individuals have presented arguments that suggest the legendary inventor of a unique brand of martial arts called Jeet Kune Do did incur a blemish or two on his impeccable reputation as a fighter. The nature of Bruce Lee's passing on July 20, 1973, has remained a highly contested topic of debate for nearly half of a century. Some claim it was a mysterious family curse that took the lives of Bruce and his talented son, Brandon Lee, twenty years later. [In contrast, a recent study deduced that Bruce Lee likely died from hyponatremia \(the kidney's inability to process vast amounts of water consumption\).](#)

For Bruce Lee, water consumption was an integral part of a trailblazing workout regimen that included hundreds of pushups on his fingers, running 4-5 miles per day in under 25 minutes, his unorthodox approach to isometric exercises, and more. A copy of Bruce Lee's highly influential workout plan recently went viral. The workout regime was created when he was 25 years old, just months before he portrayed Kato in the cult classic television series *The Green Hornet*.