

# ELODIE YUNG

## WORKOUT ROUTINE



**BONUS PDF FILE**

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 **SUPERHERO**  **JACKED** 

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# Elodie Yung Workout Routine

## Training Volume:

3-5 days

## Explanation:

I'm going to be programming you 3 days of circuit training and cardio styled routines to get you in Elektra shape – but I also am going to give you 2 days to fight like Elektra! This can be with programming from Coach Derek in The Academy – or even a class or self programmed MMA training.

For extra help with calisthenics, please check out our article [here](#).

## Day One: Circuit, Cardio, and Calisthenics

### Warm Up:

Stretch

Jog 800m

3×5 Pull-ups

3×10 Jump Squats

3×15 Dips

3×20 Push Ups

**Workout:**

5 Rounds for Time:

10 Double Unders

5 Burpees

10 Jumping Lunges

## Day Two: Elodie Yung Elektra Training

Yung, as we know, trained hard in both karate, and fighting with swords.

The choice is yours.

You can utilize YouTube, self programmed MMA training, Coach Derek, or even anything programmed within [The Academy](#) for help if you need it.

Get out there and get active!

## Day Three: Circuit, Cardio, and Calisthenics

### **Warm Up:**

Stretch

Jog 800m

3×5 Pull-ups

3×10 Jump Squats

3×15 Dips

3×20 Push Ups

### **Workout:**

1 Round for Time:

70 calorie run or row

60 Box Jumps

50 Deadlifts @95-135

40 V-Ups

30 Clean and Press @25-45

20 Burpees

10 Squats @95-135

## Day Four: Elodie Yung Elektra Training

Yung, as we know, trained hard in both karate, and fighting with swords.

The choice is yours.

You can utilize YouTube, self programmed MMA training, Coach Derek, or even anything programmed within [The Academy](#) for help if you need it.

Get out there and get active!

# Day Five: Circuit, Cardio, and Calisthenics

## **Warm Up:**

Stretch

Jog 800m

3×5 Pull-ups

3×10 Jump Squats

3×15 Dips

3×20 Push Ups

## **Workout:**

3 Rounds for Time:

50 Jump Rope

25 Light Bench Press (Dumbbells is fine)

50 Jump Rope

25 Light Front Squats

50 Jump Rope

25 Sit Ups