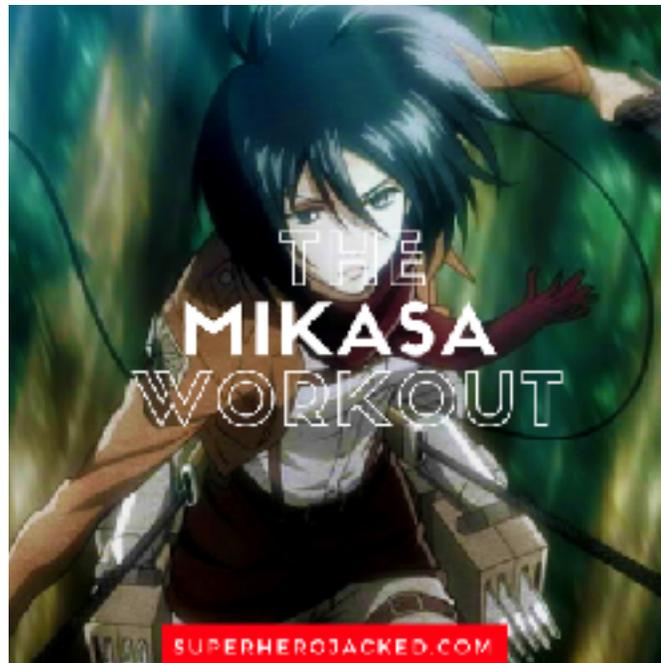


MIKASA ACKERMAN

WORKOUT ROUTINE



BONUS PDF FILE

By: Mike Romaine

 **SUPERHERO** ⚡ **JACKED** 

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The information provided in this book is based upon my experiences as well as my interpretations of the current research available.

The advice and tips given in this course are meant for healthy adults only. You should consult your physician to insure the tips given in this course are appropriate for your individual circumstances.

If you have any health issues or pre-existing conditions, please consult with your physician before implementing any of the information provided in this course.

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The Mikasa Ackerman Workout Routine:

Training Volume:

5+ days per week

Explanation:

Generally I'll program 3-5 days per week with the bonus activity days being optional – but if you're looking to train like a soldier (especially one like Mikasa), you're going to want to step it up a notch!

For this one we're going to train like a soldier. So get ready.

Day One: Cardio and Calisthenics

Warm Up:

Stretch

3×10 Pull Ups

3×15 Dips

3×20 Push Ups

3×25 Air Squats

Cardio:

2-3 mile run

Day Two: Strength Upper Body

Warm Up:

Stretch

10-15 min walk/jog

Workout:

Bench Press

3×10

Military Press

3×10

Lateral Pulldowns

3×10

Tricep Pushdowns

3×10

Hammer Curls

3×10

Clean and Press Finisher

3×10

Day Three: Cardio and Calisthenics

Warm Up:

Stretch

3×10 Pull Ups

3×15 Dips

3×20 Push Ups

3×25 Air Squats

Cardio:

2-3 mile run

Day Two: Strength Lower Body

Warm Up:

Stretch

10-15 min walk/jog

Workout:

Squat

3×10

Leg Press

3×10

Hamstring Curl

3×10

Weighted Lunges

3×10

Weighted Step Ups

3×10

Thrusters Finisher

3×10

Day Five: Extra Cardio and Calisthenics

Warm Up:

Stretch

3×10 Pull Ups

3×15 Dips

3×20 Push Ups

3×25 Air Squats

Cardio:

4-6 mile run

Bonus 1-2 Days: Activity, Parkour and MMA

All heroes should know how to defend themselves.

Just ask MMA Coach Derek in [The Academy](#).

Add in an extra day or two of MMA style training to take your inner Superhero unleashing to a new level.