

MIKASA ACKERMAN

WORKOUT ROUTINE



BONUS PDF FILE

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 **SUPERHERO** ⚡ **JACKED** 

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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.