

ANNA DIOP

WORKOUT ROUTINE



BONUS PDF FILE

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 **SUPERHERO**  **JACKED** 

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Anna Diop Workout Routine

Training Volume:

3-5 days per week

Explanation:

If you guys haven't been paying attention, Diop utilizes mixed martial arts to stay in shape. For that reason, I'm going to give you three programs from Coach Derek (in which he has shared with us on the site in the form of character workouts), and also program you a reminder to get active for AT LEAST two more days.

3 Days Per Week: Mixed Martial Arts Training

All heroes should know how to defend themselves.

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

Check out programs on the site from Coach Derek here: [Moon Knight](#), [Deathstroke](#), [Daredevil](#).

Feel free to also take a local class. But if you're going to be training like Diop you're going to want to get it in at least 3 times a week.

2-4 Days Per Week: Get Active

See what I did there? The 2-4? Looks like 24, Diop's show?

Meh, whatever, I thought it was cool.

Anyways, you need to get out there and get active on your off days. Not only to burn extra calories, but also to be a healthy-fit SuperHuman.

Go hiking, go for a brisk walk, play some sports, or get active some other way.

Have fun with it.

Also check out the [Parkour Workout](#) (Nightrunner) designed by [Academy](#) member Felix!