

KASSANDRA WORKOUT ROUTINE



BONUS PDF FILE

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 **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.

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Kassandra Assassin's Creed Workout Routine

Training Volume:

5+ days per week

Explanation:

Spartans don't rest. Neither do mercenary assassins. They're always developing their skills further and great. I'll be giving you resources for training in mixed martial arts, as well as parkour.

These skills should be worked on almost daily. I'll also be programming you a bodyweight workout to utilize 3+ days a week as well.

Bodyweight Program:

Perform all reps of all movements.

These can be broken down into a circuit, any number of sets individually, or any other way you need in order to complete your movements.

50 Hanging Leg Raises

50 Handstand Push Ups

75 Sit Ups

75 Pull Ups

100 Lunges

100 Dips

150 Push Ups

150 Air Squats

Mixed Martial Arts and Parkour Resources:

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.

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

The **Parkour Workout** (Nightrunner) designed
by **Academy** member Felix!

**And the Daredevil workout also has some beginner Parkour as
well.**