

ARYA STARK

WORKOUT ROUTINE



BONUS PDF FILE

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 **SUPERHERO**  **JACKED** 

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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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Arya Stark Wolverine Workout Routine:

Training Volume:

3-5+ days per week

Explanation:

There's obviously no way for me to tell you an exact volume for how you would like to train for this one. If you want to be a Faceless Man, you're likely going to be training 7 days a week with varied styles. BUT, we'll also get you in great shape with a bodyweight routine that I'm going to be giving you, as well as some bonuses.

Variation One is much easier than Variation Two

Arya Stark Workout: Bodyweight Variation One

Warm Up:

Stretch

Jog 1-3 miles

Workout:

3×10 Knee Push Ups

3×15 Chair Dips

3×20 Air Squats

3×25 Sit Ups

3×5 Inch Worms

3×10 Burpees

3×15 V-Ups

3×20 Mountain Climbers

3×25 Jumping Jacks

Arya Stark Workout: Bodyweight Variation Two

Warm Up:

Stretch

Jog 1-3 miles

Workout:

Circuit One: 3 Rounds

5 Burpees

10 Jumping Lunges

15 Mountain Climbers

20 Push Ups

25 Air Squats

30 Second Plank

Circuit Two: 3 Rounds

5 Pull Ups

10 Dips

15 Jump Rope

20 Jabs

25 Plank to Push Ups

30 Second Side Planks (15 each side)

Arya Stark Workout: Fencing Strength Workout

After researching Olympic fencing workouts, this workout was found and it's awesome!

Warm Up:

Stretch

Footwork Training

Fencing Practice (if possible)

Workout:

Power Cleans

4×10,10,8,6

Back Squat

4×6

Bench Press

3×10

Kettlebell Swings

4×12

Hanging Leg Raises

3×10

One Arm DB Snatches

3×10 each arm

Cooldown

10 min run

Stretch and meditate

Arya Stark Mixed Martial Arts Training

All heroes should know how to defend themselves.

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

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

For some Thai Boxing fun check out [Anna Diop's](#) routine.

The [Parkour Workout](#) (Nightrunner) designed by [Academy](#) member Felix.

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