

# KATANA

## WORKOUT ROUTINE



**BONUS PDF FILE**

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 **SUPERHERO**  **JACKED** 

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# Katana Workout Routine

## Training Volume:

5+ days per week

## Explanation:

With the bodyweight training and mixed martial arts stuff we're going to be able to train at a really high volume.

Similar to how we've seen Daredevil train with multiple types of mixed martial arts methods (caught up on your Netflix series, guys?), we're going to utilize more than one for this as well. I'll be providing you with multiple styles programmed from Coach Derek to utilize with a simple bodyweight routine to throw in 3 days a week.

## Bodyweight Training: 3 Days Per Week

Warm Up:

Stretch

Jog 10-20 minutes

## **Workout:**

Push Ups

3x20

Dips

3x15

Pull Ups or Bodyweight Rows

3x10

Air Squats

3x20

Plank to Push Ups

3x15

Lunges

3x10

# Mixed Martial Arts Varied Training: 3+ Days Per Week

*All heroes should know how to defend themselves.*

Check out MMA 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 also has bodyweight programming attached to it you should be utilizing on this day.

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