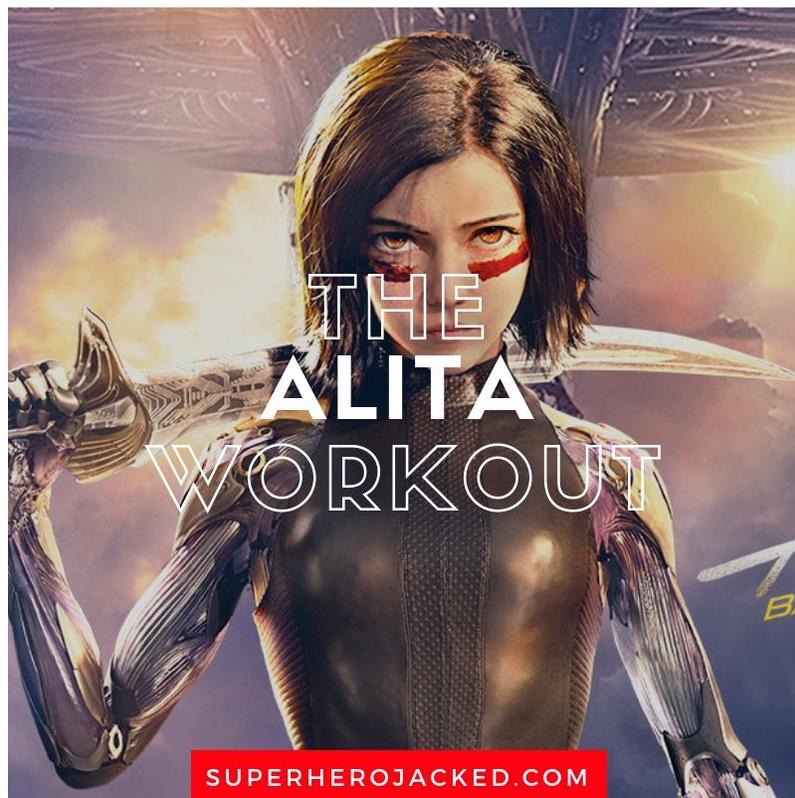


# ALITA

# WORKOUT ROUTINE



Bonus PDF File  
By: **Mike Romaine**

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# ALITA WORKOUT ROUTINE

Training Volume:

6 days per week

Explanation:

Each week or month (your choice) we're going to vary our mixed martial arts training to a different style that [Coach Derek](#) has provided us. On top of that we're going to be training in bodyweight style calisthenic movements with a weighted vest. This will prepare us to feel lighter, or like zero gravity, when we take it off. I will list the different programs and parkour training from Coach Derek, myself, and Felix, and it'll be your job to go week to week. Also utilize the calisthenics training 3-5 days a week on top of the mixed martial arts, with a 25-50 lb vest.

## Alita Mixed Martial Arts Training

**\*\*As stated above: swap week to week or month to month through these routines to slowly master different styles\*\***

*Choose a mixed martial arts program below:*

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 body weight programming attached to it you should be utilizing on this day.

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

## **Alita Weighted Calisthenics Gravity Training**

**Complete the following calisthenics reps with a 25-50 lb weighted vest on.**

***These can all be broken down into whatever rep scheme you'd like including circuits or supersets.***

**150 Push Ups**

**150 Air Squats**

**100 Dips**

**100 Sit Ups (no vest)**

**50 Push Ups**

**50 Lunges (each leg)**

**50 Hanging or Lying Leg Raises (no vest)**