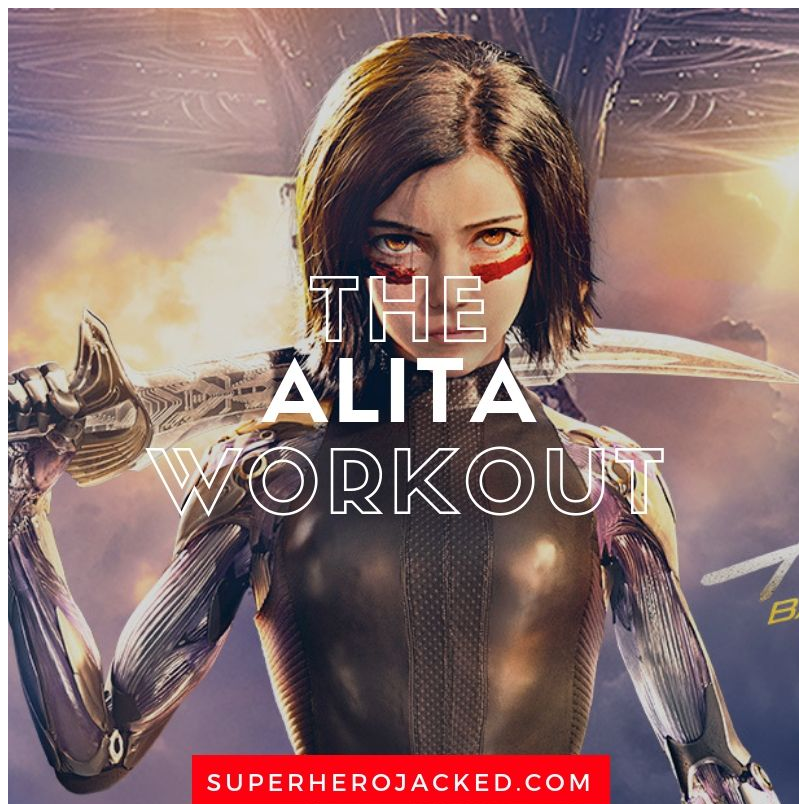


ALITA

WORKOUT ROUTINE



Bonus PDF File
By: **Mike Romaine**

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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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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)