

TSUNADE WORKOUT ROUTINE



Bonus PDF File
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TSUNADE WORKOUT ROUTINE

Training Volume:

6 days a week

Explanation:

We'll be mixing mixed martial arts training with bodyweight training and cardiovascular endurance training 6 days a week. While she might decide to do 7 days a week of training – we still need to realize we need to rest...as normal humans must do!

Mixed Martial Arts Training:

When mixed martial arts training is listed you can choose one program for that day and do one MMA focused training day from it, or you can swap the entire week programming in to add to this bodyweight style program – but you will have to pick and choose here and there in order to keep up with the volume of the training.

Ideal Scenario:

Ideally you will want to fit your bodyweight training in either within your MMA training, or throughout the day on top of it. The varied cardio is so that all fitness levels can try this program. I recommend going at a mid level intensity, but feel free to scale the cardio AND the bodyweight training as well.

Daily Tsunade Workout:

Bodyweight Training:

100 Push Ups

100 Air Squats

75 Sit Ups

75 Dips

50 Pull Ups

50 Lunges

Cardiovascular Training:

Varied Cardio (vary daily or weekly)

30-60 minutes of choice cardio:

Treadmill, Row Machine, Elliptical, Bike

Mixed Martial Arts Training (and Parkour Bonus):

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.*****