

ALADDIN INSPIRED WORKOUT ROUTINE



Bonus PDF File
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ALADDIN INSPIRED WORKOUT ROUTINE

Training Volume:

6+ days per week

Explanation:

Aladdin needs to steal to eat. He's always out there scheming and getting his food. Life in Agrabah isn't easy. So, we'll be utilizing calisthenics paired with Parkour and MMA instructions to give us a fully rounded routine. Pair this with some high intensity interval training cardio and we'll be out there looking and feeling like Aladdin in no time.

Supersets and Circuits:

During supersets you are going to break between each full round. So you'll go through each exercise with no break, but then break at the end before starting to go through again. During the circuits you have no break.

Aladdin Inspired Bodyweight Training:

In the Parkour and MMA training I'm going to give you links to there are also bodyweight style training. Utilize this program for the calisthenics and then pair in the rest of those programs for their given purpose.

Cardio:

HIIT Training Treadmill for 20-30 min:

1 minute on: Sprint at 5.5-10mph

1 minute off: Walk at 2.5-3.5mph

4 Round Circuit:

25 Clap Push Ups

20 Mountain Climbers

15 Jump Squats

10 Jumping Lunges

5 Burpees

5 Round Superset:

20 Dips

15 Leg Raises

10 Pull Ups

3 Round Core Superset:

1 Minute Plank

30 V-Ups or Sit Ups

25 Lying Leg Raises

20 Flutter Kicks

15 Second Superman Hold

Aladdin Inspired MMA and Parkour:

Today you're going for a run. Run 1-3 miles and step it up from there when able. After that, go ahead and start working on your MMA skills and Parkour with the programming 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.

For Parkour I worked with Felix on this one: [Nightrunner](#) workout.