

SASHA LUSS

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.

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SASHA LUSS WORKOUT ROUTINE

Training Volume:

3-6 days per week

Explanation:

On a normal basis Sasha Luss does Yogilates at home, watching a Russian instructor, but she also mentions doing a lot of Pilates as well, which makes us assume this includes classes on-the-go in different cities, or some other instruction videos as well. On top of that she trained 6-hour-days for Anna to get in fight ready condition – so I will also be including some mixed martial arts programs we have here on the site. If you'd like to step your game up and add these programs in on top of 3+ days of Yogilates or Pilates work, all the more power to you!

Sasha Luss Workout: Yogilates and Pilates

We do have some yoga videos and instruction inside our Academy (inside our Jedi Path), but I think yoga, Yogilates, and Pilates are all best performed via instructional video – assuming you're not going into a local class.

That being said, I put together some videos you can utilize to keep up with Sasha Luss' routine:

Yogilates: <https://youtu.be/epxu0eFPjRM>

Pilates: <https://youtu.be/D3TC-tz3TeQ>

Yoga: <https://youtu.be/MeW0whxTI4g>

And I did my best to pick my favorite instructors from each category so you can continue going through their selection if you'd like to follow more videos.

Sasha Luss Workout: Mixed Martial Arts Programming for Anna

If you want to step your game up and start training with mixed martial arts, these are some of the programs Coach Derek has created for us outside of [The Academy](#) to do so.

Check out programs on the site from Coach Derek here: [Moon Knight](#), [Deathstroke](#), [Daredevil](#), and [Sagat](#).

For some Thai Boxing fun check out [Anna Diop's](#) routine.

The [Parkour Workout](#) (Nightrunner) designed by [Academy](#) member Felix.

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