

# CHESHIRE WORKOUT ROUTINE



Bonus PDF File  
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# CHESHIRE WORKOUT ROUTINE

## Training Volume:

3-6 days per week

## Explanation:

The volume you choose to run for this program is going to be up to you. You can perform the calisthenics and parkour style training 3 days a week, or you could even choose to do a 3 days on, one day off, split. I prefer the latter, but whatever works with your schedule is fine. I've shared the calisthenics circuits from Arsenal's training protocol, but Cheshire has a new daily calisthenics program just for her.

## Cheshire Workout: Daily Calisthenics from our Parkour Program

100 Chin Ups

100 Dips

100 Lunges

100 V-Ups

150 (75 Each) Donkey Kicks

150 Glute Bridges

150 Push Ups

150 Air Squats (Scale up to Jump Squats if Possible)

*\*\*These can be broken down into any number of sets/ reps that are needed to complete the overall count.\*\**

# Cheshire Workout: Calisthenics/Acrobat Circuits

## Beginner Circuit

- 20 knee push ups
- 30 body weight squats
- 10 body rows
- 10 lunges both sides
- 20 crunches
- 20 second superman hold
- 60 second forearm plank

## Intermediate Circuit

- 20 push ups
- 50 body weight squats
- 10 pull ups
- 20 plank to push ups

## Intermediate-Advanced Circuit

- 20 clap push ups
- 20 Bulgarian split squats
- 10 chin ups
- 10 single leg hip bridges (both sides)
- 10 handstand push ups
- 30 second side plank each side
- 25 plank to push ups

# Cheshire Workout: Mixed Martial Arts and Parkour

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.

I've also listed our Parkour workout below (which I've also stolen our daily body weight training protocol from [listed above], and is definitely something to take advantage of if you're looking to unleash your real Cheshire potential.

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.\*\**