

KARAI

WORKOUT ROUTINE



Bonus PDF File
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KARAI WORKOUT ROUTINE

Training Volume:

5+ days per week

Explanation:

For this routine I'll be building you 3 days devoted to heavy weight lifting to build our super strength, and then 2 days devoted to speed and endurance work. I will also provide you an extra set of mixed martial arts programs from [Coach Derek](#), but that will be on you to add in on top of the training!

Bonus Explanation:

A lot of times I purposely pick two characters (male and female) for the same week like I've done this week with Shredder and Karai (and Arrowette and Arsenal in the past, for example) that share similar strengths, so I can share their program with one another and show that both men and women can train identically and achieve much different results. The only difference between this one and Shredder's routine is that I specifically want to highlight the Parkour routine and Deathstroke routine that I share in the last section of her workout to enhance the acrobatic movements and sword-training that comes with Karai's abilities.

Karai Workout Day One: Push Day

Warm Up:

15-20 Minute Run

Heavy 5x5s:

Barbell Bench Press

5×5

Seated Overhead Press

5×5

Accessory Work:

Power Cleans

3×10

Seated Overhead DB Extensions

3×10

Incline Press

3×10

Weighted Dips

3xFailure

Karai Workout Day Two: Speed and Endurance Training

Warm Up:

3.1 Mile Run

Workout:

Circuit One:

10 Kettlebell Swings

15 DB Thrusters

20 Clap Push Ups

25 Double Unders

30 Second Battle Rope

Circuit Two:

10 Pull Ups

20 Jumping Lunges

30 Seconds of Tire Flips

Circuit Three:

15 Mountain Climbers

15 Plank to Push Ups

15 Hanging Leg Raises

15 Sit Ups

Karai Workout Day Three: Pull Day

Warm Up:

15-20 Minute Run

Heavy 5x5s:

Deadlift

5×5

Barbell Bent Over Rows

5×5

Accessory Work:

Wide Grip Lateral Pulldowns

3×10

Cable Rows

3×10

Lateral Raises

3×10

Weighted Chin Ups

3×Failure

Karai Workout Day Four: Speed and Endurance Training

Warm Up:

3.1 Mile Run

Workout:

Circuit:

70 Calorie Row

60 Dumbbell Deadlifts

50 Barbell Clean and Presses

40 Push Ups

30 Air Squats

20 Chin Ups

10 DB Snatches Each Arm

Karai Workout Day Five: Leg Day

Warm Up:

15-20 Minute Run

Heavy 5x5s:

Back Squats

5x5

Leg Press

5x5

Accessory Work:

Hamstring Curls or Kickbacks

3×10

Quad/Leg Extensions

3×10

Seated Calf Raises

3×10

Weighted Lunges

3xFailure

Karai Workout: Mixed Martial Arts Bonus

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.