

# ANDROID 17

# WORKOUT ROUTINE



Bonus PDF File  
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# ANDROID 17 WORKOUT ROUTINE

## **Training Volume:**

5+ days per week

## **Explanation:**

Three days per week we're going to be doing a normal training split that will focus in on speed, strength, and some of the endurance we're going to have to build. The other two days of mandatory training will focus around building that never ending stamina that Android 17 has. I will also be giving you optional training to add in if you'd like to train with some mixed martial arts programming as well (which will be in addition to the given program).

## **Endurance Training Explanation for Weight Training Days:**

I prefer to get my running and cardio in before my training. I know a lot of people prefer it opposite. This is a choice that you can make based on your own comfort level. The program below will have it listed with the endurance work BEFORE, but feel free to do it after.

## **Rep Count Explanation:**

We will be working with high rep counts (and four sets rather than some programs that utilize three) to not only tone up, but also push the focus towards endurance slightly more than power.

## **Android 17 Workout Routine Day One: Leg Day and Endurance Training**

**Endurance Work:**

30 Minute Jog or Row

**Weight Training:**

Squat Variation (Back Squat, Hack Squat, Goblet Squat or other)

4×12

Glute Bridges

4×12

Dumbbell Thrusters

4×12

Seated Calf Raises

4×12

Quad/Leg Extension

4×12

**Circuit Finisher:**

3 Rounds w/ No Break

20 Jumping Lunges (total)

15 Kettlebell Swings

10 Box Jumps

5 Hanging Leg Raises

## **Android 17 Workout Routine Day Two: Stamina and Intensity**

Your stamina and intensity days are going to have a few options. We're going to want to work on both long distance (you know, that never ending stamina we talked about), and also high intensity training for both berserker strength, and also the ability to not run out of energy when it comes time to step up the intensity.

### **Long Distance Cardio Options:**

**The best option is going to be running for this one. It's the most accessible and what I feel fits the character best.**

*For this, you should aim for:*

**Beginner:** 1-3 miles

**Intermediate:** 3-5 miles

**Advanced:** 5+ miles

*Keep in mind it's okay to sub things like row and/or biking but you will have to scale up or down for those substitutions.*

### **High Intensity Interval Training Options:**

For this one I'm going to give you some more options that go with running, but they can be easily subbed out for biking, rowing, or even the StairMaster and Elliptical if you'd prefer.

*Utilize these programs in sessions of 20-60 minutes depending on your fitness level.*

**High Intensity Interval Training Variation One:**

One Minute On: Run 5.5-8mph

One Minute Off: Walk 2.5-3.5mph

**High Intensity Interval Training Variation Two:**

30 Seconds On: Run 7-10mph

One and a Half Minutes Off: Walk 2-3.5mph

**High Intensity Interval Training Variation Three:**

Two to Three Minutes On: Run 5-8mph

One Minute Off: Walk 2.5-3.5mph

**Hyperbolic Time Chamber Addition:**

While Android 17 isn't in need of the Hyperbolic Time Chamber, I'm going to give you some options to step it up a notch on these training days if you opt for a lower level and still have some gas in the tank to utilize your muscles (AKA, if your'e sick of the cardio that day).

**Complete the following (or as many as you can) in as many sets as it takes:**

75 Pull Ups

75 Hanging Leg Raises

100 Dips

100 Lunges

100 Sit Ups

150 Push Ups

150 Air Squats

*\*\*Another great addition for stamina and endurance work is jump rope. Keep this in mind as a great addition to this program.\*\**

## **Android 17 Workout Routine Day Three: Push Day and Endurance Training**

### **Endurance Work:**

30 Minute Jog or Row

### **Weight Training:**

Bench Press Variation (Incline/Flat, DB/BB)

4×12

Overhead Press (Machine or Barbell)

4×12

Tricep Pushdowns w/ Cables and Rope

4×12

Upright Rows w/ Kettlebell

4x12

Pack Deck

4x12

**Circuit Finisher:**

3 Rounds w/ No Break

20 Second Battle Ropes

15 Standing Arnold Press

10 Push Ups

5 Power Cleans

**Android 17 Workout Routine Day Four: Stamina and Intensity**

Your stamina and intensity days are going to have a few options. We're going to want to work on both long distance (you know, that never ending stamina we talked about), and also high intensity training for both berserker strength, and also the ability to not run out of energy when it comes time to step up the intensity.

**Long Distance Cardio Options:**

**The best option is going to be running for this one. It's the most accessible and what I feel fits the character best.**

*For this, you should aim for:*



**Beginner:** 1-3 miles

**Intermediate:** 3-5 miles

**Advanced:** 5+ miles

*Keep in mind it's okay to sub things like row and/or biking but you will have to scale up or down for those substitutions.*

**High Intensity Interval Training Options:**

For this one I'm going to give you some more options that go with running, but they can be easily subbed out for biking, rowing, or even the StairMaster and Elliptical if you'd prefer.

*Utilize these programs in sessions of 20-60 minutes depending on your fitness level.*

**High Intensity Interval Training Variation One:**

One Minute On: Run 5.5-8mph

One Minute Off: Walk 2.5-3.5mph

**High Intensity Interval Training Variation Two:**

30 Seconds On: Run 7-10mph

One and a Half Minutes Off: Walk 2-3.5mph

**High Intensity Interval Training Variation Three:**

Two to Three Minutes On: Run 5-8mph

One Minute Off: Walk 2.5-3.5mph

**Hyperbolic Time Chamber Addition:**

While Android 17 isn't in need of the Hyperbolic Time Chamber, I'm going to give you some options to step it up a notch on these training days if you opt for a lower level and still have some gas in the tank to utilize your muscles (AKA, if your'e sick of the cardio that day).

**Complete the following (or as many as you can) in as many sets as it takes:**

75 Pull Ups

75 Hanging Leg Raises

100 Dips

100 Lunges

100 Sit Ups

150 Push Ups

150 Air Squats

*\*\*Another great addition for stamina and endurance work is jump rope. Keep this in mind as a great addition to this program.\*\**

**Android 17 Workout Routine Day Five: Pull Day and Endurance Training**

**Endurance Work:**

30 Minute Jog or Row

## **Weight Training:**

Deadlift Variation (Barbell, Sumo, Dumbbell, Straight Leg, etc.)

4×12

Wide Grip Pulldowns

4×12

Lateral Raises w/ Cable

4×12

T-Bar Rows

4×12

Seated Bicep Curls with Dumbbells

4×12

## **Circuit Finisher:**

3 Rounds w/ No Break

20 Kettlebell Deadlifts

15 Chin Ups

10 Cable Bicep Curls

5 Burpees

## **Android 17 Workout: Additional MMA and Parkour Training**

Also consider adding in some mixed martial arts training to really step your SuperHuman training up a notch.

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.