

ASUI

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.

The advice and tips given in this course are meant for healthy adults only. You should consult your physician to insure the tips given in this course are appropriate for your individual circumstances.

If you have any health issues or pre-existing conditions, please consult with your physician before implementing any of the information provided in this course.

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ASUI WORKOUT ROUTINE

Training Volume:

5-6 days per week

Explanation:

We're going to be focusing in on leg power, calisthenics, mixed martial arts, parkour, and of course, agility! I'll also be giving you the option to step it up a notch with a weekly 5k run.

Want To Upgrade This Workout?

[The Superhero Academy](#) now comes with an [Upgrade Your Workout Tool](#) that allows Academy members to turn any SHJ workout into a 4-8 week fully planned regime detailing exact weights to lift and including reverse & tradition pyramid training, straight sets, super sets, progressive overload and more.

Asui Workout Routine: Workout Schedule

Monday: Lower Body Power and Calisthenics

Tuesday: MMA/Parkour/Agility Training

Wednesday: Upper Body Power and Calisthenics

Thursday: MMA/Parkour/Agility Training

Friday: Lower Body Power and Calisthenics

Saturday: Optional 5k Run for Endurance Work

Sunday: Rest Day

Asui Workout Routine: Lower Body Power and Calisthenics A

Warm Up:

800m Warm Up Jog

Compound Workout:

Back Squats

4×12

Accessory Work:

Hamstring Curls

3×10

Leg/Quad Extension

3×10

Leg Press

3×10

Calisthenic Cooldown:

Push Ups

3×20

Dips

3×15

Pull Ups/Chin Ups

3×10

Asui Workout Routine: MMA/Parkour/Agility

For this one we'll be borrowing specific training styles from some of our other programs.

Here we go.

Mixed Martial Arts: Daredevil Day One Training

Parkour: Parkour portion of [Academy](#) member Felix's [Nightrunner Program](#)

Agility Training: A-Train Explosive Speed Training

Asui Workout Routine: Upper Body Power and Calisthenics

Warm Up:

800m Warm Up Jog

Compound Workouts:

Incline DB Press

4×12

Seated Military Press

4×12

Accessory Work:

Bent Over Rows (DB on bench)

3×10

Tricep Kickbacks

3×10

Alternating DB Curls

3×10 each arm

Calisthenic Cooldown:

Push Ups

3×20

Dips

3×15

Pull Ups/Chin Ups

3×10

Asui Workout Routine: MMA/Parkour/Agility

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Here we go.

Mixed Martial Arts: Daredevil Day One Training

Parkour: Parkour portion of [Academy](#) member Felix's [Nightrunner Program](#)

Agility Training: A-Train Explosive Speed Training

Asui Workout Routine: Lower Body Power and Calisthenics B

Warm Up:

800m Warm Up Jog

Compound Workout:

Back Squats

4×12

Accessory Work:

Hamstring Kickbacks

3×10

Weighted Lunges

3×10

Straight Leg DL w/ DB or KB

3×10

Calisthenic Cooldown:

Push Ups

3×20

Dips

3×15

Pull Ups/Chin Ups

3×10