

ASUNA

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.

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ASUNA WORKOUT ROUTINE

Training Volume:

6 days per week

Explanation:

We're going to be splitting back and forth from upper and lower body and some extra speed training in there. We'll be doing this so we can hit lower body trice a week on top of the speed training being that Asuna not only has superhuman strength, but also flight.

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.

Asuna Workout Routine: Workout Schedule

Monday: Upper Body A

Tuesday: Lower Body A

Wednesday: Speed Training

Thursday: Upper Body B

Friday: Lower Body B

Saturday: Speed Training

Sunday: Rest Day

Asuna Workout Routine: Upper Body A

Warm Up:

20 Minutes of Sprints for Speed Training

Workout:

Bench Press

4×12

Close Grip Bench Press

3×12

Cable Chest Flyes

3×12

Seated Arnold Press

3×12

DB Pullovers

3×12

Hammer Strength Pulldowns

3×12

Asuna Workout Routine: Lower Body A

Warm Up:

20 Minutes of Sprints for Speed Training

Workout:

Back Squats

4×12

Leg Press

3×12

Calf Raises on Leg Press

3×12

Hamstring Kickbacks w/ Cable

3×12

Weighted Lunges

3×12 each leg

Box Jumps

3×12

Asuna Workout Routine: Speed Training

I'm going to be giving you four different workouts to implement into your other training that will make you faster and more explosive; something you'll definitely need if you're going to try to be like Asuna. This one is shared from [Kid Flash's article](#).

- **Hill Sprints**
 - **Beginner:** Complete 3-5 reps. "Remember, this is pure explosiveness, so it should be difficult," Bradshaw says. You can always increase the time for fewer reps, too. Completely recover between reps. Take about 3-5 minutes in between.
 - **Advanced:** Complete 5-6 reps, taking 3-5 minutes rest in between each rep
- **Interval Runs**
 - **Beginner:**
 - run 50 meters
 - walk/jog 50 meters
 - run 100 meters
 - walk/jog 50 meters
 - run 150 meters
 - walk/jog 50 meters
 - run 200 meters
 - walk/jog 50 meters
 - run 250 meters
 - walk/jog 50 meters
 - **Advanced:** Complete the same workout above, only go "up and down" the ladder. Once you run 250 meters, work your way back down (200m, 150m, 100m, 50m).
- **Fartleks (Swedish for "speed play") – 15 minute workout:**
 - **Beginner:**
 - 1-minute run
 - 1-min walk/jog
 - 2-minute run
 - 2-minute walk/jog
 - 3-minute run

- 2-minute walk/jog
- **4-minute run**
- 3-minute walk/jog
- **5-minute run**
- 3-minute walk/jog
- **Advanced:** Follow the same workout pattern above—1 minute, 2 minutes, 3 minutes, 4 minutes, and 5 minutes—only with a 2-minute jog for active recovery between each. Once you’ve reached 5 minutes and completed the 2-minute recovery, go back down the ladder and complete 5 minutes, 4 minutes, 3 minutes, 2 minutes, 1 minute.
- **Sprints – Short and Long**
 - **How to do a long-sprint workout:** For long sprints that’ll tap into your speed endurance, do 2-3 sessions per week.
 - **Beginner:** Complete 6-8 sprints of 100 meters at 75%-80% effort. (“This means you can utter a few words, but can’t maintain a conversation,” Bradshaw says.) Recover for 50-60 seconds between reps.
 - **Advanced:** Complete 8-10 sprints of 100 meters at 80-85% effort. At this intensity, you’re pushing very hard, but not going as fast/hard as you can. Recover for 45 seconds in between reps.
 - **How to do a long-sprint workout:** For long sprints that’ll tap into your speed endurance, do 2-3 sessions per week.
 - **Beginner:** Complete 3 sprints of 300 meters at 75% effort. Recover for 3 minutes between sprints.
 - **Advanced:** Do two sets, each 3 sprints of 300 meters at 75% effort. Recover for 2-3 minutes between sprints, and 5 minutes between sets.

Asuna Workout Routine: Upper Body B

Warm Up:

20 Minutes of Sprints for Speed Training

Workout:

Overhead Press

4×12

Incline DB Bench Press

3×12

Cable Shoulder Side Raise

3×12

Straight Bar Pushdown (Back)

3×12

Tricep Pushdowns w/ Rope

3×12

Chin Ups

3×12

Asuna Workout Routine: Lower Body B

Warm Up:

20 Minutes of Sprints for Speed Training

Workout:

Bulgarian Split Squats

4×12 each leg

Straight Leg Deadlift

3×12

Seated Calf Raises

3×12

Hamstring Curls

3×12

Quad Extensions

3×12

Glute Bridges w/ Barbell

3×12

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