

SASHA BANKS

WORKOUT ROUTINE



Bonus PDF File
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SASHA BANKS WORKOUT ROUTINE

Training Volume:

5 days per week

Explanation:

We're going to train just like Sasha banks by completing 5 days of training per week, but also by adding in some extra cardio being that we won't be stepping in the right. I'll also be including some workouts that involve choosing between WODs or circuits from CrossFit considering that's where Sasha Banks chooses for her training [if she can].

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.

Sasha Banks Workout: Sample Weekly Workout Schedule

Monday: Cardio, Push Training, Short Circuit

Tuesday: CrossFit WOD [Choose from Longer WODs]

Wednesday: Cardio, Leg Training, Short Circuit

Thursday: CrossFit WOD [Choose from Longer WODs]

Friday: Cardio, Pull Training, Short Circuit

Saturday: Extra Cardio or Rest

Sunday: Extra Cardio or Rest

Sasha Banks Workout: Cardio, Push and Circuit

Warm Up/Cardio:

Run 1600m

Workout:

Bench Press

4×12,10,8,5

Single-arm and -leg Dumbbell Snatch**

3×12 each side

TRX Kick-Ups

3×15 reps

Incline Exploding Supergirl Pushup**

Push up and explode off a bench

3×15

Circuit:

Perform 3 Rounds: First round of 21 reps, followed by 15 reps, followed by 9 reps.

21/15/9

Kettlebell Swings

Push Ups

Sasha Banks Workout: Cardio, Legs and Circuit

Warm Up/Cardio:

Run 1600m

Workout:

Back Squats

4×12,10,8,5

Frankenstein Squat**

3×12 each side (slow reps)

Kettlebell Rope Drag**

3×30 step ups and back

Lunging Cable Push Pull**

3×20 reps per side

Circuit:

Perform 3 Rounds: First round of 21 reps, followed by 15 reps, followed by 9 reps.

21/15/9

Kettlebell Swings

Push Ups

Sasha Banks Workout: Cardio, Pull and Circuit**Warm Up/Cardio:**

Run 1600m

Workout:

Deadlift

4×12,10,8,5

Pancake Good Morning**

3×10

Barbell Curl with Triceps Push**

3×10-15

Straight Leg Pressups

3×15-20

Up-And-Over Leg Whips

3×15

Circuit:

Perform 3 Rounds: First round of 21 reps, followed by 15 reps, followed by 9 reps.

21/15/9

Kettlebell Swings

Push Ups

Sasha Banks Workout: Longer WODs

Each WOD From Hell is taken from a CrossFit Athlete courtesy of [TheBoxMag!](#)

WOD From Hell:

15 barbell cleans (155 pounds/100 pounds)

30 toes-to-bars

30 box jumps (24"/20")

15 muscle-ups (females: 10 muscle-ups)

30 push presses (40-pound dumbbells/25-pound dumbbells)

30 double-unders

15 thrusters (135 pounds/95 pounds)

30 pull-ups

30 burpees

300 feet overhead walking lunges (45-pound plate/25-pound plate)

WOD From Hell 2:

Three Rounds of:

7 deadlifts (345 pounds)

7 ring muscle-ups

Three Rounds of:

21 toes-to-bars

21 wall balls

100-foot farmer's carry (100-pound dumbbells)

28 burpee box jumps

100-foot farmer's carry

3 muscle-ups

WOD From Hell 3:

Pendleton 2 Event at 2012 CrossFit Games:

Swim: 700 meters

Bike: 8 kilometers

Run: 11 kilometers

WOD From Hell 4:

20 hang squat snatches

50 double-unders

30 kettlebell thrusters

50 double-unders

40 toes-to-bars

Burpee broad jumps (across convention center floor,
roughly 20 yards)

40 barbell step-ups

50 double-unders

30 alternating single-arm kettlebell snatches

50 double-unders

20 bar muscle-ups

WOD From Hell 5:

“Miagi”

For Time:

50 deadlifts (135/95 pounds)

50 double-kettlebell swings (55/35 pounds)

50 push-ups

50 clean-and-jerks (135/95 pounds)

50 pull-ups

50 kettlebell “taters”

50 box jumps (24”)

50 wall climbs

50 knees-to-elbows

50 double-unders

WOD From Hell 6:

Finals of the 2010 CrossFit Games:

Three Rounds of:

30 push-ups

21 overhead squats (65/95 pounds)

Wall rope climb between each element

(seven-minute cap)

Three Rounds of:

30 toes-to-bars

21 ground-to-overhead (95/65 pounds)

(seven-minute cap)

Three Rounds of:

5 burpee wall jumps

20-foot rope climbs (3 men/2 women)

(12-minute cap)

WOD From Hell 7:

“Sage”

AMRAP in 20 Minutes:

20 thrusters (135/95 pounds)

20 pull-ups

20 burpees

WOD From Hell 8:

10 overhead squats

10 box jumps

10 fat-bar thrusters

10 power cleans

10 toes-to-bars

10 burpee muscle-ups

Repeat in reverse, beginning with toes-to-bars