

# ASAJJ VENTRESS WORKOUT ROUTINE



Bonus PDF File  
By: Mike Romaine

## **Copyright Notice**

No part of this report may be reproduced or transmitted in any form whatsoever, electronic, or mechanical, including photocopying, recording, or by any informational storage or retrieval system without expressed written, dated and signed permission from the author. All copyrights are reserved.

## **Disclaimer and/or Legal Notices**

The information provided in this book is for educational purposes only. I am not a doctor and this is not meant to be taken as medical advice.

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.

This product is for informational purposes only and the author does not accept any responsibilities for any liabilities or damages, real or perceived, resulting from the use of this information.

# ASAJJ VENTRESS WORKOUT ROUTINE

## Training Volume:

7 days per week

## Explanation:

**Jedi Explanation:** As a Jedi you will constantly be working on your own personal pillars and strengthening not only your body, but also your knowledge, focus, discipline and connection to the force. For that reason I will be giving you multiple workouts to use throughout the course of a day, and it then I will give you a sample schedule of how you could format your actual week's worth of training.

**Asajj Ventress Explanation:** We're going to be training like Yoda's schedule (*Yoda trained Count Dooku who trained Ventress*), but we'll be adding in Parkour to get more of that assassin-like feel.

## 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.

## Asajj Ventress Workout Routine: Workout Schedule

*Feel free to change this schedule as needed.*

**Monday:** Full Training Day (All Pillars)

**Tuesday:** Pillar Three and Pillar Five

**Wednesday:** Full Training Day (All Pillars)

**Thursday:** Pillar Three and Pillar Five

**Friday:** Full Training Day (All Pillars)

**Saturday:** Off Day Devoted to Knowledge AND Pillar Five

**Sunday:** Full Training Day

## **The Asajj Ventress Workout: Daily Training Plan**

For this we're going to have our own set of pillars to hit, and I will also be giving you an actual set of instruction and time frame to complete certain things.

### **Pillar One: Mind and Focus**

**Activity:** Meditation

**Duration:** 5-30 minutes per session (1-2 times per day)

**Notes:** There are many apps that can be used to help you develop your meditation skills. It's not something that can be rushed, and it could be as little as 30-90 second sessions when you first get started.

### **Pillar Two: Calisthenics and Bodyweight Strength**

**Activity:** Bodyweight Training

**Duration:** 45-60 minutes per day

**Notes:** This training will be designed so that people can progress to a more advanced level.

### **Pillar Three: Lightsaber Skills**

**Activity:** Lightsaber Training

**Duration:** 15-30 minutes per day

**Notes:** This will be done using a super-fun Star Wars lightsaber training program from *Men's Health!*

### **Pillar Four: Bonus Mind/Body Connection**

**Activity:** Yoga

**Duration:** 15-60 minutes per day

**Notes:** This is an extra pillar that can be subbed for calisthenics and meditation if you choose to go to a class or do a YouTube video for that day.

### **Pillar Five (New for Asajj Ventress): Parkour Training**

**Activity:** Parkour

**Duration:** 30+ minutes per day

**Notes:** This is going to be done mainly in place of Mind/Body Connection and Knowledge days being that we're training like an assassin who is learning the ways of The Dark Side. This will be done utilizing our SHJ Parkour Workout that I collaborated with [Academy](#) member Felix to create!

## **The Asajj Ventress Workout: Calisthenics Training**

**Warm Up:**

800-1600m jog

### **Workout:**

- Air Squats
  - 5×30
  - Scale Up: Jump Squats
  - Scale Down: Higher than Parallel
- Push Ups
  - 5×25
  - Scale Up: Handstand Push Ups
  - Scale Down: Knee Ups
- Hanging Leg Raises
  - 5×20
  - Scale Up: Hanging Leg Raise w/ Knee Twist
  - Scale Down: Lying Leg Raise
- Dips
  - 5×15
  - Scale Up: Weighted Dips
  - Scale Down: Chair Dips (Walk in or out to scale from here)
- Pull Ups
  - 5×10
  - Scale Up: Weighted Pull Ups
  - Scale Down: Jumping Pull Ups or Assisted

### **Cooldown:**

15 minute yoga session (if no Pillar Four)

## **The Asajj Ventress Workout: Lightsaber Fun Training**

*\*\*This fun Star Wars style training is courtesy of Men's Health.\*\**

The workout consists of a warmup, three intense circuits of four exercises (completed AMRAP for time), and a cooldown. Besides a lightsaber—which

you can substitute with the light training tool of your choice, like a wooden dowel or a 3' piece of PVC pipe—the only thing you'll need is a pair of gliding discs. (And if you don't have those, you can substitute with rags on a hardwood floor or paper plates on a carpet.)

After performing each circuit, rest for 60 seconds by focusing on your breathing and restoring your energy. “This will help to sustain you throughout the workout,” Lamb says.

Oh, and make sure you maintain proper form. “While performing the exercises, embrace the Light Side of the Force and emphasize form, technique and execution,” Lamb says. “Resist the temptation of the Dark Side, which means to just use momentum or simply ‘go through the motions.’”

Add this workout to your routine—Lamb offers it twice a week at New York Sports Clubs—and your endurance and total-body strength will become more powerful than you could possibly imagine. Oh, and this workout is spoiler-free.

## **WARMUP**

### **Focused breathing**

Stand relaxed, with your feet set slightly wider than your hips. Breathe only through your nose, with the tongue at the roof of your mouth. “As you inhale, imagine lifting your abdominals up,” Lamb says. “As you exhale, feel your abdominal wall compress. Your core should feel like it's becoming energized without exerting effort.” Let your arms float upwards on the inhale, and let them fall naturally on the exhale.

### **Easy breathing air squats**

The goal here is to sync your breath with your body's motion, Lamb says. “Breathe OUT as you lower your body into a squat, and then breathe IN as you lift your body again.”

## **Circuit 1**

### **Skywalker Lunges (with lightsaber chops): 45 seconds per leg**

Begin in a lunge while holding the lightsaber in both hands. Flex your shoulders so your upper arms are near your ears and the lightsaber is behind the head, ready to chop forward. Press into the foot of the front leg to lift yourself out of the lunge. Bring the knee of the rear leg forward (hip flexion) while pulling the light saber downwards so that arms are in front of the chest (shoulder extension). Exhale strongly to engage the abdominals and latissimus dorsi on the “front chop”. Do this exercise for 45 seconds on one side, then 45 on the other.

You'll feel this exercise in your legs (quads, hamstrings, glutes), abs, shoulders, and lats.

### **Dive-Bomber Pushups: 60 seconds**

Start in a downward dog yoga position with your hands planted on the floor, slightly wider than shoulder-width apart, and push your butt in the air. Keep your back straight, so you look like an inverted 'V.' Lower your shoulders and swoop down so your chest brushes the ground. Hold the position for 2 to 3 seconds, then press yourself up so that your back is arched and your arms straight. Now reverse the movement by lowering back down so your chest brushes the ground again, and you return to the starting position.

You'll feel this in your “pushup muscles”: deltoids, pectorals, lats, triceps, and erector spinae.

### **Front Kick while holding lightsaber: 45 seconds per leg**

Hold the lightsaber up at your right shoulder with both hands. Keeping your right leg slightly bent at the knee, pivot on your right foot and kick forward with your left leg. Try to fully extend your left leg, making sure to keep a “soft” knee and maintain your balance. Repeat AMRAP, making sure to maintain your form and balance, for 45 seconds. After 45 seconds, switch sides: Hold the lightsaber at your left shoulder, pivot on your left leg, and kick with your right.



You should feel the burn in your abs, hip flexors, and your quads.

### **Jedi Jacks:** 90 seconds

Squat while holding light saber in both hands (one hand stacked above other). Jump up in the air and ADDuct at the hips. The legs come together while in the air. Land toe-ball-heel into the squat and repeat for 45 seconds. The next 45 seconds are a plank jack (hands on floor directly beneath shoulders).

You should feel the burn in your legs—glutes, quads, hamstrings, calves—as well as your transverse abdominis and shoulder stabilizers.

## **Circuit 2**

### **Chewbacca Chop:** 45 seconds to each side

This is a standard wood chop, except named after everyone's favorite Wookiee. Start with your feet in a wide stance, holding the lightsaber in both hands over your right shoulder. Rotate your torso from your pelvis while rotating the ball of your right foot and "chop" the lightsaber downwards toward your left foot. Exhale during the chop and inhale as you bring the saber back up.

Targeted muscles: Quadriceps, adductors, abductors, gluteals, abdominals (particularly the obliques).

### **Starfighter Pushups:** 60 Seconds

Grab your gliding disks. Start in the plank position with a disc under each foot. Bend your right knee, flexing at the hip, and bring your leg underneath you across your body. Extend your knee, so that ultimately your right leg is fully extended near your left hand. Bring your leg back to starting position. Do a pushup. Repeat on the other side.

You'll feel this exercise in your shoulder stabilizers, abdominals, and hip flexors.

### **Front Snap Kicks:** 45 seconds per leg

Holding the lightsaber up in front of you, perform front kicks, aiming to fully extend your leg. After 45 seconds, switch to your other leg.

This exercise will challenge your quads, glutes, calves, and abs (specifically your rectus abdominis).

### **Lightsaber Burpees:** 90 seconds

Set your lightsaber on the ground, pointing forward. Stand on one side of it. Jump lightly to the other side of the lightsaber, then do a burpee. After you push yourself up, jump lightly back to the other side of the lightsaber, then do another burpee.

This exercise will leave no muscle group unscathed.

## **Circuit 3**

### **General's Curtsy:** 90 seconds

Hold the lightsaber in both hands. Put one glide disc under each foot. Hold the lightsaber over your right shoulder, and chop diagonally downwards to your left leg. As you're chopping, cross your right leg behind your left leg into a lunge. Bring the saber back up, and then alternate to the right. Continue alternating to sides. Make sure you move with control, and don't move too fast.

This exercise hits your quads, adductors, abductors, glutes, hamstrings, calves, transverse abdominis, and obliques.

### **The Fall:** 60 seconds

Start with a “crab” or “table” position, so your shoulders are externally rotated and your fingertips point to the back. Keep your feet flat, chest lifted, and knees bent. Push your hips up high and reach one arm over in an arch above and behind your head. Bring your arm back to starting position, and then repeat on the other side.

Muscles targeted: The entire back, plus hamstrings.

### **Roundhouse Flutter Kick:** 45 seconds per leg

Bring your lightsaber up to your right shoulder. Pivot on your right hip [AGAIN, IS HIP WHAT YOU MEAN HERE?], keeping your right leg bent slightly at the knee. Kick your left leg from the knee, keeping your upper left leg still, and just kick the lower half of your leg. Switch to the other leg after 45 seconds.

Besides testing your balance, this will target your hip abductors, quads, hamstrings, abs (specifically the obliques and transverse abdominus), and calves (both the gastrocnemius and soleus).

### **Rey’s Speeder Jumps:** 90 seconds

Run in place with your arms held naturally. Every few seconds (vary the intervals depending on how winded you are), jump and bring your hands to your knees, then go back into running in place.

This demanding exercise will challenge your lower body and your cardio ability.

### **Cooldown: Focused breathing (a.k.a. the “Yoda Flow”)**

“During the Yoda Flow, you want to feel as though you’re breathing through your whole body—not JUST the lungs,” Lamb says. “The goal is to sync your movement with your breath.”

1. Start with your feet apart. Think of anchoring your feet into ground. Let your muscles settle and relax as much as possible. Breathe in, fill up your arms on the sides, and lift your arms in front of your torso, making sure to keep your

joints soft. Then exhale and lower your arms back to your sides. Repeat the breathing with arm movement for approximately 1-2 minutes.

2. With soft knees, step to the right (exhale), lift your left knee (inhale), and lift your arms with soft elbows and hands, “as if you’re blocking your face in a battle,” Lamb says. Continue with the alternating side step and lift. Exhale on each side step. Inhale with every knee lift. “This move makes me think of *Karate Kid*, where Daniel balances on one leg,” Lamb says.

3. Begin with your feet apart as in the first part of the cooldown. As you breathe in—raising your arms from the sides of your body and palms facing upwards—keep going until your palms meet above head. Keep your palms connected, and rotate the wrists and fingertips away from your body until they point downwards as you bend your knees into an “ass-to-grass” squat so your fingertips touch the ground. Ideally, your feet should stay flat to the ground. Breathe in as you raise your arms, and then exhale as you lower into the deep squat.

## **The Asajj Ventress Workout: Parkour Assassin Training**

### **Warm up:**

Dynamic stretching

10 minutes of cardio (choose between Option A and B)

Option A: Jogging or running

Option B: Quadrupedal movement such as bear crawl, crab walk, spider-man walk, backward and forward (try to mix them a bit this will help for your mobility)

5-10 Parkour Rolls (both sides)

How you should roll: (example on right shoulder) get down on your left knee, put your left hand on the ground in front of your left knee, beside your right

heel, then put your right hand on the left one. DO NOT CROSS YOUR FINGERS. Put your head down and roll on your shoulder, you should roll diagonally from your shoulder to the other side of your waist.

*Note:* Start by doing them on soft surfaces like grass, when you feel more confident while doing it try to practice them from walking, jogging and running. Then start to practice dive rolls.

5-10 back rolls

### **Vaults:**

**Flow out/safety vault:** as you come towards the obstacle, place your outside arm on the obstacle, then put your outside leg on the obstacle, pass your inside leg under your outside leg, release your outside arm as you push with your outside foot to pass the obstacle.

**Speed vault:** very similar to the flow out vault except that your outside foot does not touch the obstacle, instead just kick in the air with it.

**Lazy vault:** this one is more useful to get over a rail. Come towards the obstacle from a diagonal or parallel direction, put your inside hand on the obstacle, swing your inside leg then your outside leg in the same motion, before placing your outside hand on the obstacle.

*Note:* the flow out vault as well as the lazy vault are two movements that you can practice without momentum.

**Kong vault:** press with both of your hands on the obstacle, at the same time, tuck your legs on your chest to pass over the obstacle, don't forget to raise your hips.

*Note:* this one is the most known and most used vault in Parkour, however it is a very scary and tricky vault, so here's a few steps you can do to break it down.

**Step 1:** practice it on the floor, crouch and dive into a kong vault, this will get used to the movement, you could also practice with your quadrupedal movements as a warm up.

**Step 2:** plant plyos/monkey plant; put both hands on an obstacle and use your legs to get on it

**Step 3:** following the plant plyo keep your hand on the obstacle and go down into a squat position.

### **Bar/Rail moves:**

**Under bar:** as you come towards a bar or rail, jump feet first and place your hands on the bar, swing under the bar and extend your body while arching your back.

**Tips:** one exercise that you can do to practice it and test yourself is to find a park with bars, like a calisthenic park, put an elastic band between two poles parallel to the pull up bar, grab the bar and jump trying to pass your whole body between the elastic band and the bar, raise the elastic band as you get better.

### **Wall moves:**

**Wall run:** run towards a wall, when you're at the right distance (not too close, not too far) make a small jump at the same time plant the ball of your feet on the wall, a bit higher than hips level, push upward with your leg that is on the wall then try to reach with your arms the top of the wall.

**Tik Tak:** Similar to the wall run, run towards the wall then jump putting your other leg (feet facing upward) then push with the leg that is on the wall, then push away from the wall transferring your momentum wherever direction you need to go.

**Arm jump:** this one is like a long jump but you use it to grab the edge of a wall, or a bar as you jump.

**Note:** when performing this jump your legs should land slightly before you grab the bar. as you might hurt your knees on the wall. just don't over do it so you don't drop kick the wall.

**Tips:** this works for precision jump as well as arm jump, when you're not sure if you can execute the jump as the jump might be high for example, go down and practice it from the same distance, if you can cover the distance, that means you can do it, if you can't maybe you should wait. of course there's always the height difference between the two objects that is important.

**Balance:** to practice your balance, you can practice it pretty much anytime anywhere, for example you can stand on one leg as you wait for the bus then to the other leg, you can also walk on the road lines (just not in the middle of the road please) there's literally a lot of things you can do to practice your balance.

Now that you know a few movements for parkour try to find places where you can try them (bench, picnic tables, etc). This really depends on your surroundings, as you get better you will also be able to see more things you can do: this is called *The Parkour Vision*. For example where others might see a wall, you might see a wall run, etc..