

MINA ASHIDO

WORKOUT ROUTINE



Bonus PDF File
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MINA ASHIDO WORKOUT ROUTINE

Training Volume:

5 days per week

Explanation:

We're going to be training endurance two days a week and then calisthenics, speed and interval training on the other three days.

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.

Mina Ashido Workout Routine: Workout Schedule

Monday: Speed, Calisthenics and Interval Training

Tuesday: Endurance Training: 3-5 mile run

Wednesday: Speed, Calisthenics and Interval Training

Thursday: Endurance Training: 3-5 mile run

Friday: Speed, Calisthenics and Interval Training

Saturday: Rest Day

Sunday: Rest Day

Mina Ashido Workout Routine: Speed, Calisthenics and Interval Training

Warm Up:

10 Minute Incline Treadmill Walk

Calisthenics:

Air Squats

5×25

Push Ups

5×20

Dips

5×15

Lunges

5×12

Sit Ups

5×10

Chin Ups

5×5

Optional Additional Core/Butt:

Donkey Kicks

5×20 each leg

Glute Bridges

5×20 each leg

Fire Hydrants

5×20 each leg

Plank

5×60 seconds

Interval/Speed Training: 20-30 Minutes

- 30 Second Sprint
- 1-2 Minute Cooldown (I usually opt for 90 seconds to make it an even 2 minutes)

**Mina Ashido Workout Routine: Endurance Training
Information**

I'm creating this section instead of just leaving you with your 3-5 miles in the schedule because I want to share the importance of working your way up.

You do not have to start with a full fledged run, and you also don't have to start with that distance.

It is completely fine to start small and build your way up and/or start by walking or walk/running, or any other variation you may prefer.

Mina Ashido Workout Routine: Alternative Training Methods

Mina Ashido also has exceptional dancing abilities.

We've seen some of the celebs on the site take some workout styled dance classes.

If you can hop in one of those classes, or take some other fun classes like Pilates, Spin, yoga, etc; those will work well with this simplistic style of training as well!