

# **MINA ASHIDO**

# **WORKOUT ROUTINE**



Bonus PDF File  
**By: Mike Romaine**

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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!