

ASSASSINS CREED WORKOUT ROUTINE



Bonus PDF File
By: Mike Romaine

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ASSASSINS CREED WORKOUT ROUTINE

Training Volume:

7 days per week

Explanation:

For this one we're going to be sourcing a parkour workout from M&F. That being said, some of the movements require weights, and I know many of you would love to be able to train completely from home. For that reason I'll also include ways to scale or even potentially do these movements weighted at home (without spending a ton of money).

Resource for an Inexpensive Home Gym:

I recently wrote an article on the top things you should be buying for an inexpensive home gym. [Check it out here.](#)

Scaling Up:

If you'd like to scale this routine UP and step it up a notch, check out our [Ultimate Calisthenics Workout & Guide](#) for more resources.

Sourcing:

I was researching tons and tons of different parkour workouts to utilize for this routine and then I came to a [Muscle and Fitness Parkour Workout](#) that literally writes "Eager to level-up your real-life Assassin's Creed-style movement skills? The following 7-day training program courtesy of physical therapist, parkour practitioner and former *America Ninja Warrior* contestant,

Ben Musholt will help you build the required strength.” And to that I say...yes...that is exactly what we want to do. So this one is being sourced out to M&F and Ben Musholt!

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.

Assassin’s Creed Workout: Sample Workout Schedule

Monday: Park Day

Tuesday: Park Day

Wednesday: Gym Day

Thursday: Rest Day

Friday: Park Day

Saturday: Park Day

Sunday: Gym Day

Assassin’s Creed Workout Day One: Recruitment

Warm-up:

6 minutes of quadrupedal movement, such as bearcrawling.

Workout:

As many rounds as possible in 10 minutes (AMRAP):

General Push Ups

3×10

Broad Jump

4×6

Toes to Bar

4×8

Assassin's Creed Workout Day Two: Climbing High

Warm-up:

6 minutes of jumping jacks (3 min.) and high knees running (3 min.)

Workout:

Perform circuit-style, moving from exercise to exercise without rest. Rest 1-2 minutes between circuits.

Dumbbell (or weighted) Step Ups

4×10 each leg

Bodyweight Dips

4×8

General Pull Ups

4×6

Assassin's Creed Workout Day Three: Powering Up

See [Top 8 Inexpensive Equipment Options for Your Home Gym](#) for further suggestions.

Workout:

Between exercises, perform 12 strict pull-ups. If you can do more than 12, use a weight vest to increase resistance.

Back Squat (Sub Kettlebell or Dumbbell Goblet Squats for Reps)

5×5

Overhead Press (Rub Dumbbell Overhead Press or Kettlebell Press or Swings for Reps)

5×5

Assassin's Creed Workout Day Four: Active Rest Day

Using this day for active recovery, Musholt advises that you to "Go for a light jog and work on your flexibility/mobility for 30 minutes."

Some other options include:

- Hiking
- Tennis
- Basketball/Soccer/Other Sports
- Bike Ride

- Yoga

And a lot more.

Assassin's Creed Workout Day Five: Falling with Style

Warm-up:

6 minutes of split jumping jacks (2 min.), hip circles (2 min.) and shoulder circles (2 min.).

Workout:

Complete all reps in this order:

General Push Ups: 30 reps

Bodyweight Jump Squat: 40 reps

Inverted Row: 60 reps

Assassin's Creed Workout Day Six: Escape Plan

Warm-up:

8 minutes of jogging, working on braided steps and backward running.

Workout:

Perform circuit-style, four times through, in as little time as possible.

Sprint

3×25 meters

Commando Crawl

3×10 meters

High Box Jump

3×10 reps

Burpee

3×6 reps

Assassin's Creed Workout Day Seven: Synchronization

See [*Top 8 Inexpensive Equipment Options for Your Home Gym*](#) for further suggestions.

Workout:

Between exercises, perform 12 dips. If you can do more than 12, use a weight vest to increase resistance.

Barbell Deadlift

5×5

Barbell Lunge

5×5 each leg