

EDELGARD

WORKOUT ROUTINE



Bonus PDF File
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EDELGARD WORKOUT ROUTINE

Training Volume:

6+ days per week

Explanation:

Like Edelgard, we're training for strength and endurance. While Edelgard doesn't talk much about her training routine in the game, we can determine that, based on her in-game abilities, the support conversations she has with other characters and her expectations of exceptionalism that her workouts are focused and extensive.

As the game features a timeskip, this workout has two versions of the workout. If you want to perform the easier pre-timeskip workout, perform the exercises written in black. If you want to perform the more difficult post-timeskip workout, add in the exercises written in red.

Other Resources:

[How to get better at Pull-Ups, Pushups, Dips, Squats and Calisthenics](#)

[Pull-Up Alternatives: How to Get Better at Pull-Ups With or Without Equipment](#)

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 &

traditional pyramid training, straight sets, super sets, progressive overload and more.

Edelgard Workout: Sample Workout Schedule

Monday: Chest and Triceps

Tuesday: Legs and Shoulders

Wednesday: Back and Biceps

Thursday: Chest and Triceps

Friday: Legs and Shoulders

Saturday: Back and Biceps

Sunday: Rest Day or Extra Credit

Edelgard Workout: Chest and Triceps

Warm Up:

30 minutes cardio

Workout:

Barbell Bench Press

5 x 5

Incline Bench Press

3 x 10

Incline Dumbbell Fly

3 x 10

Push-ups

3 x 25

Floor Wipers with 135 lb barbell

30

Sit-ups

3 x 40

Close Grip Bench Press

4 x 10

Skullcrushers (Dumbbell)

3 x 10

Triceps Extensions (Dumbbell) (Standing or Sitting)

3 x 10

Triceps Pushdowns

3 x 10

Floor Wipers with 135 lb barbell

30

Sit-ups

3 x 40

Edelgard Workout: Legs and Shoulders

Warm-up:

30 minutes cardio

Workout

Barbell Back Squat

5 x 5

Barbell Front Squat

3 x 10

Dumbbell Squat

3 x 10

Calf Raises (Barbell or Machine)

4 x 25

Hamstring Curls

3 x 10

Superset 1 Hanging Knee Raises

4 x 25

Superset 1 Hanging Leg Raises

4 x 25

Shoulder Press (Barbell or Dumbbell)

4 x 10

Barbell Shrugs

3 x 10

Face Pulls

3 x 10

Superset 2 Front Raises with Dumbbell

3 x 10

Superset 2 Lateral Raises with Dumbbell

3 x 10

Superset 3 Hanging Knee Raises

4 x 25

Superset 3 Hanging Leg Raises

4 x 25

Edelgard Workout: Back and Biceps

Warm-up:

30 minutes cardio

Workout

Barbell Deadlift

5 x 5

T-Bar Row

4 x 10

One Arm Dumbbell Row

3 x 10

Seated Row

3 x 10

Pull-Ups

5 x 10

Superset 1 Weighted Crunches

4 x 25

Superset 1 Unweighted Crunches

4 x 25

Standing Barbell Bicep Curls

3 x 10

Dumbbell Preacher Curls

3 x 10

Dumbbell Hammer Curls

3 x 10

Dumbbell Curls

3 x 10

Chin-Ups

5 x 10

Superset 1 Weighted Crunches

4 x 25

Superset 1 Unweighted Crunches

4 x 25

Day 7: Off-Day

You can take this day to rest and recover or, if you want, have an active recovery day. Go for a long run, play some sports, break out your axe and chop some trees down for firewood.

Edelgard Workout: Martial Arts Resources

If you have access to a place to perform weapons training of some sort, you should practice that on a regular basis. To truly embody Edelgard, you'd want to find a place to train axe combat, but sword training is likely easier to find and is the other canon weapon she is particularly good at. The only combat style she is actively not good at is archery, however, so any hand-to-hand combat style is something she could excel at with enough work. There are a number of martial arts routines you might consider incorporating on SHJ as well:

- [Deathstroke](#)
- [Daredevil](#)
- [Moon Knight](#)
- [Sagat](#)
- [Anna Diop](#)
- [Frank Grillo](#)
- [Ryan Potter](#)