

# MOMO YAOYOROZU WORKOUT ROUTINE



Bonus PDF File  
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# MOMO YAORYORUZU WORKOUT ROUTINE

## Training Volume:

5+ days per week

## Explanation:

I'm going to specifically program you 4 days devoted to upper and lower body training to replicate Momo Yaoyorozu's physique, but it'll be up to you to add in extra fat burning activity like cardio or either MMA training with the resources I list if you'd like to step it up a notch and really embody her character.

## 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.

## Momo Yaoyorozu Workout: Sample Workout Schedule

**Monday:** Upper Body Training A

**Tuesday:** Lower Body Training A

**Wednesday:** Extra Activity, Cardio, MMA or Rest

**Thursday:** Upper Body Training B

**Friday:** Lower Body Training B

**Saturday:** Extra Activity, Cardio, MMA or Rest

**Sunday:** Mandatory Rest Day

*\*\*Extra Activity, Cardio, MMA and Parkour Resources listed at the end.\*\**

## **Momo Yaoyorozu Workout: Upper Body Training A**

### **Warm Up:**

800m Jog

### **Workout:**

Incline Hammer Strength Press

3×10

Dips (or Dip Machine)

3×10

Assisted Chin Ups

3×10

Kettlebell Swings

3×10

Cable Rows

3×10

Dumbbell Pullovers

3×10

## **Momo Yaoyorozu Workout: Lower Body Training A**

### **Warm Up:**

800m Jog

### **Workout:**

Bulgarian Split Squats

3×10 each leg

Barbell Lunges

3×10 each leg

Straight Leg Deadlifts with Dumbbells

3×10

Hamstring Kickbacks

3×10

Leg Extensions (Quads)

3×10

Box Jumps

3×10

**Core:**

Hanging Knee Raises w/ Twist

3×20

Sit Ups w/ Twist

3×20

**Momo Yaoyorozu Workout: Upper Body Training B**

**Warm Up:**

800m Jog

**Workout:**

Wide Grip Lateral Pulldown

3×10

Bent Over Lateral Raises

3×10

Cable Kickbacks

3×10 each arm

DB Chest Flys

3×10

Alternating Dumbbell Front Raises

3×10 each arm

Plank to Push Ups

3×10

## **Momo Yaoyorozu Workout: Lower Body Training B**

### **Warm Up:**

800m Jog

### **Workout:**

Goblet Squats

3×10

Leg Press

3×10

Donkey Kicks w/ Cable

3×10

Cable Pullthroughs

3×10

Glute Bridges w/ Barbell

3×10

Weighted Step Ups

3×10

**Core:**

Hanging Leg Raises

3×20

Cable Crunches

3×20

## **Momo Yaoyorozu Workout: Extra Activity, Cardio, MMA, & Parkour Resources**

### **Long Steady Cardio Training:**

I prefer to vary my training when I'm going to do some longer steady cardio work.

For that reason I generally suggest doing 10-20 minutes of any of the following options up until completing a total of 60+ minutes:

- Row Machine



- Treadmill Walk/Run
- Elliptical
- StairMaster
- Bike (Higher Intensity)

### **High Intensity Interval Training:**

For your HIIT training you're going to be performing it the same for each variation, but with different requirements.

This can be added into your overall 60 minutes required for the section above, or done in variations of 10-20 minutes for a total of 30-45 on its own.

### **Here's how you'll be formatting it:**

- 1 Minute ON: Sprint, or High Intensity Work (RPMs above 100 while level 7-10, for example)
- 1 Minute OFF: Cooldown for 60 seconds and prep for your next sprint

### **Here's some great options for HIIT:**

- Treadmill
- Bike
- Row Machine

### **Celebrity Workouts with Circuits:**

- [Paige WWE Workout](#) for CrossFit WODs
- [Kevin Hart Workout](#) for Alternative CrossFit WODs
- [Kristen Bell Workout](#) for Quick Circuit Addons
- [The Spartan 300 WODs](#)

- And, of course, TONS of other spread throughout the site (Check out our [Workout Database](#)).

We also have a handful of workouts you can throw into your training for quick “snacks” like we’ve seen in the [David Beckham Workout](#).

### **10 Minute or Less Workouts:**

- [Plank and Jump](#)
- [Climbing to a Tight Core](#)
- [Battle Ropes](#)
- [Death by Burpees](#)
- [30 Second Bodyweight Circuit](#)
- [Burpee Circuit 2](#)
- [Sprints and Bodyweight](#)
- [The Heavybag Routine](#)

### **SHJ Mixed Martial Arts Styled Routines:**

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

### **Other Alternatives (Swimming and Parkour)**

- Parkour Workout: [Nightrunner Workout Routine](#)
- Swimming Workout: [Speedo Beginner Training](#)

