

WONDER WOMEN [JUMP ROPE] WORKOUT ROUTINE



Bonus PDF File
By: Mike Romaine

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WONDER WOMAN [JUMP ROPE] WORKOUT ROUTINE

Training Volume:

5 days per week

Explanation:

This is definitely going to be a fat-loss (cutting) routine. It'll be high intensity and involve both HIIT training and calisthenics work in addition to your Lasso of Truth jump rope. This will be 3 days on, 1 day off, and repeat.

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.

Wonder Woman Workout: Sample Workout Schedule

Monday: Lasso of Truth and Push Ups

Tuesday: HIIT with Lasso of Truth

Wednesday: Lasso of Truth and Pull Ups

Thursday: Off

Friday: HIIT with Lasso of Truth

Saturday: Lasso of Truth and Push Ups

Sunday: HIIT with Lasso of Truth

Off Day then Continue Cycle

Wonder Woman Workout: Lasso of Truth and Push Ups

Warm Up:

Jumping Jacks

2×20

Air Squats

2×10

Lunges

2×10

Push Ups

2×10

Workout:

Complete 5 Rounds with 1 Minute Rest Between Rounds

1 Minute Regular Jump Rope

10 Push Ups

1 Minute Boxer Style Jump Rope

10 Push Ups

1 Minute Regular Jump Rope

10 Push Ups

1 Minute Boxer Style Jump Rope

10 Push Ups

Wonder Woman Workout: HIIT with Lasso of Truth

Warm Up:

Jumping Jacks

2x20

Air Squats

2x10

Lunges

2x10

Push Ups

2x10

Workout:

Complete 3 Rounds with 1 Minute Rest Between Rounds

30 Second Regular Jump Rope

30 Second Run in Place Jump Rope

30 Second Double Unders

30 Second High Knees Jump Rope

30 Second Regular Jump Rope

30 Second Run in Place Jump Rope

30 Second Double Unders

30 Second High Knees Jump Rope

Wonder Woman Workout: Lasso of Truth and Pull Ups

Warm Up:

Jumping Jacks

2×20

Air Squats

2×10

Lunges

2×10

Push Ups

2×10

Workout:

Complete 5 Rounds with 1 Minute Rest Between Rounds

1 Minute Regular Jump Rope

2 Pull Ups

1 Minute Regular Jump Rope

4 Pull Ups

1 Minute Regular Jump Rope

6 Pull Ups

1 Minute Regular Jump Rope

8 Pull Ups

Wonder Woman Workout: HIIT with Lasso of Truth

Warm Up:

Jumping Jacks

2×20

Air Squats

2×10

Lunges

2×10

Push Ups

2×10

Workout:

Complete 3 Rounds with 1 Minute Rest Between Rounds

30 Second Regular Jump Rope

30 Second Run in Place Jump Rope

30 Second Double Unders

30 Second High Knees Jump Rope

30 Second Regular Jump Rope

30 Second Run in Place Jump Rope

30 Second Double Unders

30 Second High Knees Jump Rope