

AHRI

WORKOUT ROUTINE



Bonus PDF File
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AHRI WORKOUT ROUTINE

Training Volume:

3-5 days per week

Explanation:

For this one we're mainly focusing on toning up and burning fat to get a physique like Ahri. Or, a physique that has you ready to jump into one of Ahri's skins (or costumes, rather). For that reason I'm going to be giving you 3 days of training that focus in on Full Body, Upper Body and Lower Body, with a focus on core and glutes as well. The other two days will be devoted to fat burning cardio, and it will be your choice how you complete it (I will share a handful of options).

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.

Ahri Workout Routine: Sample Workout Schedule

Monday: Lower Body and Core Training

Tuesday: Fat Burning Cardio

Wednesday: Upper Body and Core Training

Thursday: Fat Burning Cardio

Friday: Full Body and Core Training

Saturday: Active Rest Day

Sunday: Mandatory Rest Day

Ahri Workout Routine: Lower Body and Core Training

Warm Up:

10 Minute Walk

2×30 High Knees

2×30 Butt Kicks

3×50 Jump Rope

Workout:

Goblet Squats

4×12

Kettlebell or Dumbbell Deadlift

4×12

Glute Bridges

4×20

Weighted Lunges

4×20 (total)

Donkey Kicks

4×20 each leg

Core Training:

3 Sets (Superset or Break in Between)

30 Sit Ups

25 Lying Leg Raises

20 Flutter Kicks

15 Second Hollow Hold

60 Second Plank Hold

Ahri Workout Routine: Upper Body and Core Training

Warm Up:

10 Minute Walk

2×30 High Knees

2×30 Butt Kicks

3×50 Jump Rope

Workout:

Push Ups (Scale to Knee Push Ups or Pause Push Ups)

4×25

Dumbbell Curl to Press

4×20 (total)

Dips (Scale with Chair)

4×15

Pull Ups (Scale to Bodyweight Row or Pike Push Ups)

4×10

L-Sit Hold

4×30 seconds

Core Training:

Tabata Abs: Complete 3 Rounds

(20 Seconds On, 10 Seconds Off, Cycling Through Movements)

V-Ups

Hollow Hold

Toe Touches

Ahri Workout Routine: Full Body and Core Training

Warm Up:

10 Minute Walk

2×30 High Knees

2×30 Butt Kicks

3×50 Jump Rope

Workout:

Kettlebell Sumo Squats

4×12

Kettlebell Swings

4×12

Incline Glute Bridges

4×20

DB Thrusters

4×20 (total)

Plank to Push Ups

4×20

Core Training:

3 Sets (Superset or Break in Between)

30 V-Ups

25 Lying Leg Raises w/ Hip Thrust

20 Flutter Kicks

15 Superman Hold

60 Second Plank Hold