

# NATSU DRAGNEEL WORKOUT ROUTINE



Bonus PDF File  
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# NATSU DRAGNEEL WORKOUT ROUTINE

## Training Volume:

5+ days per week

## Explanation:

To become Natsu we're going to be training roughly 5 or so days a week, contingent on how much extra training you want to add in with the add-on programming I provide. I'm giving 3 days devoted to strength training and then I recommend adding in speed and endurance work on top of that; although all of our parkour workouts have great calisthenics work that can be added in as well.

## 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.

## Natsu Dragneel Workout: Sample Workout Schedule

**Monday:** Strength Training A

**Tuesday:** Speed and Endurance Work (Optional Parkour and MMA)

**Wednesday:** Strength Training B

**Thursday:** Add-on Programming (Parkour, Mixed Martial Arts, Endurance and Speed Work)

**Friday:** Speed and Endurance Work (Optional Parkour and MMA)

**Saturday:** Optional Rest Day OR Add-on Programming

**Sunday:** Optional Rest Day OR Add-on Programming

## **Natsu Dragneel Workout: Strength Training A**

### **Warm Up:**

800M Walk

800M Jog

### **Workout:**

Bench Press

3×12,10,8

Overhead Press

3×12,10,8

Tricep Cable Pushdowns

3×10

Incline Machine Press

3×10

Weighted Dips

3×5

**Circuit:**

4 Rounds for Time

25 Push Ups

20 Kettlebell Swings

15 Sit Ups

10 Lying Leg Raises

**Natsu Dragneel Workout: Strength Training B**

**Warm Up:**

800M Walk

800M Jog

**Workout:**

Deadlifts

3×12,10,8

Bent Over Barbell Rows

3×12,10,8

Preacher Curls

3×10

Machine Pulldowns

3×10

Weighted Chin Ups

3×8

**Circuit:**

3 Rounds for Time

50 Kettlebell Deadlifts

40 Double Unders

30 Alternating Step Up DB Curls

20 Mountain Climbers

10 Plank to Push Ups

**Natsu Dragneel Workout: Strength Training C**

**Warm Up:**

800M Walk

800M Jog

**Workout:**

Back Squats

3×12,10,8

Leg Press

3×12,10,8

Straight Leg DB Deadlift

3×10

Cable Straight Leg Pullthroughs w/ Rope

3×10

EZ Bar Hip Thrusters Off Bench

3×10

**Circuit:**

3 Rounds for Time

10 Box Jumps

15 Goblet Squats

20 Kettlebell Swings

15 Lying Leg Raises

10 Alternating Pistol Squats

## **Natsu Dragneel Workout: Add-on Programming (Parkour, Mixed Martial Arts, Endurance and Speed Work)**

### **Parkour Training:**

- [The Nightrunner Parkour Workout Routine](#)
- [The Assassin's Creed Parkour Workout Routine](#)
- [The Robbie Amell Parkour Workout Routine](#)

### **Mixed Martial Arts Resources:**

- [Deathstroke Workout Routine](#)
- [Daredevil Workout Routine](#)
- [Moon Knight Workout Routine](#)
- [Sagat Workout Routine](#)
- [Anna Diop Workout Routine and Diet Plan](#)
- [Frank Grillo Workout Routine and Diet Plan](#)
- [Ryan Potter Workout Routine and Diet Plan](#)

### **Endurance Work:**

Beginner: 1-3 Mile Run

Intermediate: 3-5 Mile Run

Advanced: 5+ Mile Run

OR

- [Constance Wu Workout Routine and Diet Plan](#)



- [Ewan McGregor Workout Routine and Diet Plan](#)
- [Kid Flash Workout Routine and Diet Plan](#)
- [Grant Gustin Workout Routine and Diet Plan](#)

### **Speed Work:**

- [The Kid Flash Workout Routine Speed Routine](#)