

HAZEL AND CHA CHA WORKOUT ROUTINE



Bonus PDF File
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HAZEL AND CHA CHA WORKOUT ROUTINE

Training Volume:

5-6 days per week

Explanation:

In order to catch up to Hazel and Cha Cha you might have to actually train 7 days a week, and then some, considering they travel through time and don't age, but for this one we're going to need to recover from the high volume of training needed to get in assassin shape. You'll be training 5-6 days a week with 3 days devoted to weight training and circuits, 2 days devoted to interval training and parkour, and then another 1-2 days devoted to mixed martial arts.

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.

Hazel and Cha Cha Workout: Sample Workout Schedule

Monday: Push Day Weights and Circuit

Tuesday: Interval Training and Parkour

Wednesday: Pull Day Weights and Circuit

Thursday: Interval Training and Parkour

Friday: Leg Day Weights and Circuit

Saturday: Mixed Martial Arts

Sunday: Rest Day or More MMA

Hazel and Cha Cha Workout: Push Day Weights and Circuit

Warm Up:

Jump Rope

3×50

Workout:

Superset A:

A. Dumbbell Bench Press

3×12

B. Hex Press

3×12

C. Standing Incline Chest Flyes

3×12

Superset B:

A. Seated Overhead Tricep Extension

3×12

B. Tricep Cable Kickbacks

3×12

C. Triangle Pushups

3×12

Blowout Circuit:

Weighted Dips

3×5

Skull Crushers

3×10

DB Chest Flyes

3×10

Hazel and Cha Cha Workout: Pull Day Weights and Circuit

Warm Up:

Jump Rope

3×50

Workout:

Superset A:

A. Lateral Pulldowns

3×12

B. Dumbbell Bent Over Rows

3×12

C. Straight Arm Cable Pulldown

3×12

Superset B:

A. Alternating Dumbbell Curls

3×12

B. Wide Grip Cable Rows

3×12

C. Hammer Curls

3×12

Blowout Circuit:

Weighted Chin Ups

3×5

Kettlebell Swings

3×10

Wide to Close Push Ups

3×10

Hazel and Cha Cha Workout: Leg Day Weights and Circuit

Warm Up:

Jump Rope

3×50

Workout:

Superset A:

A. Goblet Squat

3×12

B. Weighted Lunges

3×12

C. Cable Pullthroughs

3×12

Superset B:

A. Hip Thrusts

3×12

B. Box Jumps

3×12

C. Bulgarian Split Squats

3×12

Blowout Circuit:

Weighted Pistol Squats

3×5

Donkey Kicks

3×10 each leg

Double Unders

3×10

Hazel and Cha Cha Workout: Interval Training and Parkour

For your interval training I have a handful of resources that you can utilize.

You can choose to do this with a basic format like such:

Complete 20-30+ Minutes utilizing any of the below formats:

1. Treadmill HIIT
 - 30 Seconds ON: Sprint 30 Seconds at 90-100% Intensity
 - 90 Seconds OFF: Cooldown for 90 seconds
2. Bike HIIT
 - 120 Seconds ON: Keep RPMS above 100+ with level 7-10 (Difficult)
 - 60 Seconds OFF: Keep RPMS steady 30-90 with level 3-5 (Moderately Easy)
3. Rowing HIIT
 - 60 Seconds ON: Row Sprint for 60 Seconds
 - 60 Seconds OFF: Cooldown with Steady Row

Or you can even use different variations of our Jump Rope HIIT Circuit:

Complete 5 Rounds

- 30 Jump Ropes
- 20 Air Squats
- 30 Jump Ropes
- 20 Plank Shoulder Taps
- 30 Jump Ropes
- 20 Plank to Push Ups
- 30 Jump Ropes
- 20 Sit Ups

As for your Parkour Training, we have you covered there as well!

Parkour Training Resources:

- [The Nightrunner Parkour Workout Routine](#)

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

Hazel and Cha Cha Workout: Mixed Martial Arts Resources

As for your mixed martial arts, you're going to be throwing in one of the other MMA styled workout routines we have here at SHJ.

Here's a handful you can utilize:

- [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](#)