

# TIFA LOCKHART WORKOUT ROUTINE



Bonus PDF File  
By: Mike Romaine

Copyright Notice

No part of this report may be reproduced or transmitted in any form whatsoever, electronic, or mechanical, including photocopying, recording, or by any informational storage or retrieval system without expressed written, dated and signed permission from the author. All copyrights are reserved.

### **Disclaimer and/or Legal Notices**

The information provided in this book is for educational purposes only. I am not a doctor and this is not meant to be taken as medical advice.

The information provided in this book is based upon my experiences as well as my interpretations of the current research available.

The advice and tips given in this course are meant for healthy adults only. You should consult your physician to insure the tips given in this course are appropriate for your individual circumstances.

If you have any health issues or pre-existing conditions, please consult with your physician before implementing any of the information provided in this course.

This product is for informational purposes only and the author does not accept any responsibilities for any liabilities or damages, real or perceived, resulting from the use of this information.

# TIFA LOCKHART WORKOUT ROUTINE

## Training Volume:

5+ days per week

## Explanation:

We're going to be utilizing 3 days worth of calisthenics work paired with parkour and then 2-3 days worth of mixed martial arts training. Your parkour and MMA training will come from other resources we have here on the site, but being that Tifa Lockhart's routine is so heavily focused into MMA I will be sharing my favorites and suggestions on top of the resources I provide.

## 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.

## Tifa Lockhart Workout: Sample Workout Schedule

**Monday:** Calisthenics, HIIT and Parkour

**Tuesday:** Mixed Martial Arts: Deathstroke Day 2 (The Way of The Warrior)

**Wednesday:** Calisthenics, HIIT and Parkour

**Thursday:** Mixed Martial Arts: Moon Knight Day 2 (Fist Of Khonshu)

**Friday:** Calisthenics, HIIT and Parkour

**Saturday:** Bonus MMA, Active Rest Day or Rest

**Sunday:** Rest Day

## **Tifa Lockhart Workout: Calisthenics, HIIT and Parkour**

### **Warm Up:**

Jog 400m

2×25 Jumping Jacks

2×25 High Knees

2×25 Butt Kickers

### **Circuit A: Complete 3 Rounds**

Jump Rope x 100

Push Ups x 10

Bag Work x 30 seconds

Plank to Push Ups x 10

### **Circuit B: Complete 3 Rounds**

Jump Squats x 10

Glute Bridges x 10

Jumping Lunges x 10

### **Circuit C: Complete 3 Rounds**

V-Ups x 15

Lying Leg Lifts w/ Thrust x 20

Side Planks x 15 seconds

## **Tifa Lockhart Workout: Alternative Circuit Exercises**

**Below are a list of exercises you can sub into each of these circuits to switch up your routine each day of the week!**

*Make it fun and constantly changing to keep yourself motivated.*

### **Circuit A:**

Chair Dips x 10-20

Bodyweight Rows x 10-20

Jumping Jacks x 10-20

Shoulder Taps x 20+

### **Circuit B:**

Donkey Kicks x 20+

Fire Hydrants x 20+

Skater Lunges x 10-20

Bulgarian Split Squats x 10-20

Pistol Squats x 10-20

### **Circuit C:**

Mountain Climbers x 20+

Suitcases x 10-20

Hollow Hold x 15-30 seconds

Superman x 15-30 seconds

Russian Twists x 15-30

## **Tifa Lockhart Workout: Parkour and MMA**

### **Primary Mixed Martial Arts Workouts:**

- [Deathstroke Workout Routine](#)
- [Moon Knight Workout Routine](#)

### **Mixed Martial Arts Alternative Training Options:**

- [Daredevil 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](#)

## Parkour Resources:

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