

TY LEE WORKOUT ROUTINE



Bonus PDF File
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TY LEE

WORKOUT ROUTINE

Training Volume:

5+ days per week

Explanation:

For this one we're going to be training like an acrobat. We've actually seen a handful of other gymnasts and acrobats on the site, so I'll be pulling from ACTUAL acrobatic/gymnast training regimes and building this one for you. Being that we aren't training like an Olympic athlete or Cirque du Soleil acrobat I will be scaling it down a bit for you, but I'll also share the full workout I'm crafting each portion from if you want to scale it back up for yourself.

Explanation Two:

For any programs I don't scale down you can also utilize [The Ultimate Calisthenics Workout and Guide](#) right here on the site, completely free!

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.

Ty Lee Workout: Sample Workout Schedule

Monday: Professional Gymnast Training [Simone Biles Styled]

Tuesday: Cirque Du Soleil Acrobat Training

Wednesday: Professional Gymnast Training [Jake Dalton Styled]

Thursday: Cirque Du Soleil Acrobat Training

Friday: Professional Gymnast Training [Shawn Johnson and Alicia Sacramone Styled]

Saturday: Mixed Martial Arts and/or Parkour

Sunday: Endurance and/or Rest if No Rest Day Taken

Ty Lee Workout: Professional Gymnast Training [Simone Biles Styled]

This portion is being pulled from the research done and article programmed: [Simone Biles Workout and Diet.](#)

Morning Endurance Variations (choose one):

Run 3.1 Miles

Bike 15 Miles

Row 1.5 Miles

Afternoon Calisthenics and Holds:

Push Ups

4x25

Air Squats

4×20

Dips

4×15

Chin Ups

4×10

Lunges

4×10 each leg

Holds:

Hollow Hold

3×30 seconds

Plank Hold

3×60 seconds

Side Plank

3×30 seconds each side

L-Sit Hold

3×30 seconds

Ty Lee Workout: Professional Gymnast Training [Jake Dalton Styled]

*This portion is being pulled from the research done and article programmed:
[Jubilee Workout Routine](#).*

Warm Up:

Stretch and Foam Roll

Workout:

Muscle Ups (Rings)

3×5

Handstand Push Ups

3×8

Kettlebell Swings

3×15

Shoulder Presses

3×6

Straight Body Pulls (Rings)

3×5

Hollow Hold

3×30 Seconds

Ab Workout:

Stability Ball Push Up with Pike

3×Failure

V-Ups

3×Failure

Hollow Rocks

3×30

Stability Ball Plank Holds

3×Failure

Ty Lee Workout: Professional Gymnast Training [Shawn Johnson and Alicia Sacramone Styled]

*This portion is being pulled from the research done and article programmed:
[Black Canary Workout Routine.](#)*

Base Calisthenics:

Shoulder Taps

4×20

Jump Squats

3×15

Lunge Walk w/ Bar Held in Front or Front Shelf (Front Squat Position)

3×20 Steps (10 Each Leg)

Pike Up on Stability Ball

3×10-15

Standing Side Jumps Over Box/Step/Block

3×10

Core Movements:

V-Ups

3×25

Hanging Leg Raises

3×25

Optional Additions:

Push Ups (or Knee Ups, or Handstand Push Ups)

3×20

Chin Ups (or Assisted or Pike Push Ups)

3×20

Dips (or Chair Dips or Assisted)

3×20

Ty Lee Workout: Acrobat Training [Cirque Du Soleil Styled]

*This portion is being pulled from the research done and article programmed:
[Cirque du Soleil Workout Routine.](#)*

Warm Up:

High Knees x 20

Butt Kicks x 20

Jumping Jacks x 20

Air Squats x 20

Twisting Heel Touch (Wide Leg/Arms Wide for Twist) x 10 each side

Giant Lunge w/ Opposite Arm Straight Up x 15 second hold

Giant Lunge w/ Both Arms Planted In Front x 15 second hold

Hamstring Stretch x 15 second

Workout:

One Arm KB Deadlift into Reverse Lunge

3×6

KB Goblet Squat

3×12

Foam Roll Plank (Foam Roller under Legs, Roll In and Out During Plank)

3×20

Conditioning and Stamina:

Each Session Starts at a 5 Minute Increment (5, 10, 15):

Session One:

Squat Press with Dumbbells x 15 reps

DB Deadlift into Bent Over Rows x 10 reps

Complete 3 Sets Total within 5 Minutes

Session Two:

Kettlebell Swings x 15

Burpees x 10

Complete 3 Sets Total within 5 Minutes

Session Three:

Accumulate 2 Minutes of an L-Sit Hold within your 5 Minutes

You can sub with a Hollow Hold (Reverse Superman Hold)

Ty Lee Workout: Mixed Martial Arts and Parkour Resources

Ty Lee is also exceptional at mixed martial arts; and her “parkour” ability is more than above average (being an acrobat makes that quite easy).

These are some workouts and resources you can utilize if you’re looking to step it up a notch!

Mixed Martial Arts Routines

- [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](#)

Parkour Training Resources:

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