

LEVI ACKERMAN WORKOUT ROUTINE



Bonus PDF File
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LEVI ACKERMAN WORKOUT ROUTINE

Training Volume:

6 days per week

Explanation:

Levi Ackerman is a soldier. The best alive on Attack on Titan. So we're going to be utilizing calisthenics and parkour training three days per week and then soldier-style endurance work and mixed martial arts another three days per week.

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.

Levi Ackerman Workout Routine: Sample Workout Schedule

Monday: Calisthenics and Parkour A

Tuesday: Mixed Martial Arts and Soldier Endurance

Wednesday: Calisthenics and Parkour B

Thursday: Mixed Martial Arts and Soldier Endurance

Friday: Calisthenics and Parkour C

Saturday: Soldier Trek

Sunday: Rest Day

Levi Ackerman Workout Routine: Calisthenics and Parkour A

Warm Up:

800m Jog

2×25 High Knees

2×25 Jumping Jacks

Circuit A: Complete 3 Rounds

Wide Push Ups x 10

Air Squats x 10

Regular Push Ups x 10

Lunges x 10

Close Push Ups x10

Circuit B: Complete 3 Rounds

Dips x 10

Mountain Climbers x 10

Skull Crushers (Calisthenics) x 10

Planking Shoulder Taps x 10

Plank to Push Ups x 10

Core Tri-Set A: Complete 3 Rounds

Forearm Plank x 60 Seconds

Crunches x 30

Lying Leg Raises x 25

Flutter Kicks x 20

Hollow Hold x 15 seconds

Levi Ackerman Workout Routine: Calisthenics and Parkour B

Warm Up:

800m Jog

2x25 Jump Rope

2x25 Butt Kickers

Circuit A: Complete 3 Rounds

Jump Squats x 10

Double Unders x 10

Jumping Lunges x 10

Double Unders x 10

Half Burpees x10

Circuit B: Complete 3 Rounds

Pistol Squats x 10 each leg

Wall Sit x 60 seconds

Bulgarian Split Squats x 10 each leg

Core Tri-Set B: Complete 3 Rounds

Side Planks x 30 Seconds Each Side

Sit Ups x 15

Lying Leg Raises with Hip Thrust x 20

Superman Hold x 15 seconds

Levi Ackerman Workout Routine: Calisthenics and Parkour C

Warm Up:

800m Jog

2x25 Jumping Jacks

2x10 Burpees

Circuit C: Complete 5 Rounds

Wide to Close Push Ups x 10

Dips x 10

Jumping In and Out Squats x 10

Pike Push Ups x 10

Pause Squat x 10

Core Tri-Set C: Complete 3 Rounds

Forearm Planks x 60 Seconds

Bicycles Crunches x 30

Hanging Side Knee Raises x 20

Hollow Hold x 15 Seconds

Levi Ackerman Workout Routine: Army Trek and Endurance Work

Once per week it's going to be your job to do a soldier-style-trek.

For this you're going to need a heavy backpack or even a weighted vest.

Throw it on, find a local hike, and hit it for 5-15 miles....minimum!

Levi Ackerman Workout Routine: Parkour and Mixed Martial Arts Resources

Parkour Training Resources:

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

High Intensity Interval Training:

- [The Best HIIT to Step Up Your Workout](#)

Mixed Martial Arts Training 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](#)