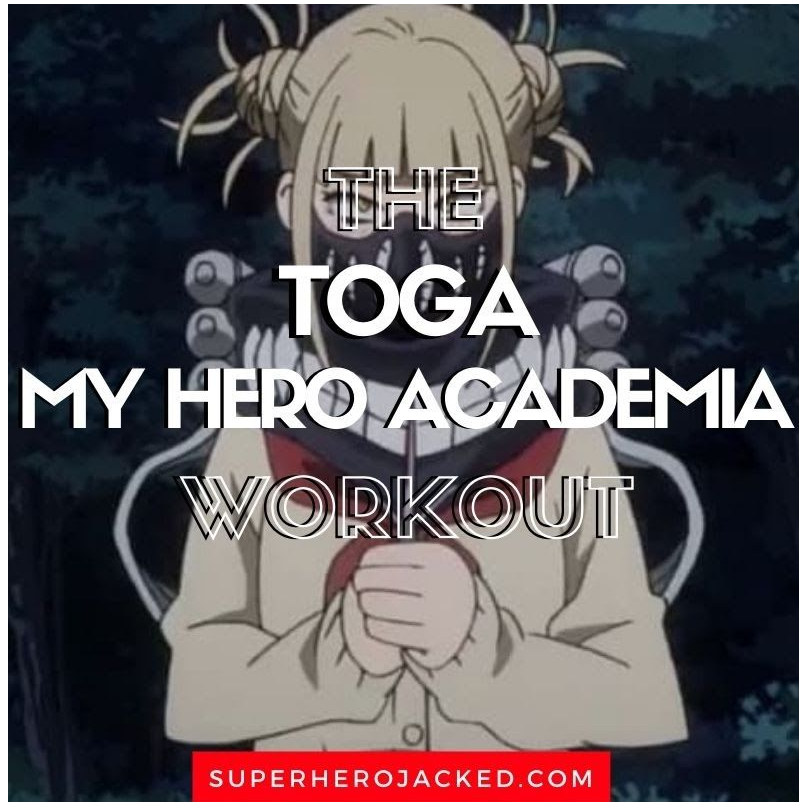


# TOGA MHA WORKOUT ROUTINE



Bonus PDF File  
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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.

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# TOGA MHA WORKOUT ROUTINE

## Training Volume:

3-5 days per week

## Explanation:

Getting into Toga shape isn't going to be extremely hard, especially being that we only really have her aesthetic to base her training around (in [The Workout Database](#) we've had to base regimes on pretty over-powered superheroes)!

For that reason we'll be working on three days of training that will involve some calisthenics and cardio, and the other two to three days a week will be based around how you specifically want to level up.

## 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.

## Toga Workout Routine: Sample Workout Schedule

**Monday:** Cardio, Calisthenics and Mini Circuit A

**Tuesday:** Varied Training Based on Style (Resources Provided Below)

**Wednesday:** Cardio, Calisthenics and Mini Circuit B

**Thursday:** Varied Training Based on Style (Resources Provided Below)

**Friday:** Cardio, Calisthenics and Mini Circuit C

**Saturday:** Active Rest Day

**Sunday:** Rest Day

## **Toga Workout: Cardio, Calisthenics and Mini Circuit A**

### **Cardio:**

20-30 Minutes Varied Cardio

*(Bike, Walk/Run, Row, Elliptical, StairMaster, etc.)*

### **Warm Up:**

2×25 High Knees

2×25 Butt Kickers

2×25 Flutter Kicks

### **Calisthenics:**

3×5 Pike Push Ups

3×10 Chair Dips

3×15 Knee Push Ups

3×20 Air Squats

### **Mini Circuit A:**

*3 Rounds for Time:*

20 Jumping Jacks

20 Skater Lunges

20 Jumping Jacks

20 Mountain Climbers

### **Toga Workout: Cardio, Calisthenics and Mini Circuit B**

#### **Cardio:**

20-30 Minutes Varied Cardio

*(Bike, Walk/Run, Row, Elliptical, StairMaster, etc.)*

#### **Warm Up:**

2×25 High Knees

2×25 Butt Kickers

2×25 Flutter Kicks

#### **Calisthenics:**

3×5 Pike Push Ups

3×10 Chair Dips

3×15 Knee Push Ups

3×20 Air Squats

**Mini Circuit A:**

*1 Rounds for Time:*

50 Jump Ropes

40 Second Plank

30 Shoulder Taps from Plank

20 V-Ups

10 Burpees

**Toga Workout: Cardio, Calisthenics and Mini Circuit C**

**Cardio:**

20-30 Minutes Varied Cardio

*(Bike, Walk/Run, Row, Elliptical, StairMaster, etc.)*

**Warm Up:**

2×25 High Knees

2×25 Butt Kickers

2×25 Flutter Kicks

## **Calisthenics:**

3×5 Pike Push Ups

3×10 Chair Dips

3×15 Knee Push Ups

3×20 Air Squats

## **Mini Circuit A:**

*5 Rounds for Time:*

30 Jump Rope

20 Half Burpees

10 Inch Worms

## **Toga Workout: Alternative Training Resources**

*On your other 2-3 days a week it's your job to get active.*

This can be done with a ton of different styles and variations of training.

**You can choose from the many options below, or mix it up into other areas:**

- Yoga
- Pilates
- Hiking, Outdoor Activities
- Mixed Martial Arts Styled Training
- Running/Endurance Work

- Parkour

*And below I'll provide resources to some of these other training methods we have here on the site.*

### **Parkour Training Resources:**

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

### **Running Based Celebrity and Character Workouts:**

- [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](#)

### **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](#)



