

# ASTA WORKOUT ROUTINE



Bonus PDF File  
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# ASTA WORKOUT ROUTINE

## Training Volume:

We're going to be training 6 days a week, 3 days on, 1 day off, and repeat.

## Explanation:

The training schedule below will involve 6 different days of programming that is similar to the structure of our [Superhuman System](#), except that our SHS would continue to see a different workout everyday for another 90 days (or more) and include much more depth.

## Asta Workout Routine: Sample Workout Schedule

**Monday:** Calisthenics Training

**Tuesday:** Kettlebell Circuit and HIIT

**Wednesday:** Long Distance Endurance Training

**Thursday:** Off Day

**Friday:** Warm Up Work and Jump Rope Circuit

**Saturday:** BIG Circuit (300 WOD)

**Sunday:** Bodyweight Circuit and HIIT

## Asta Workout Routine: Calisthenics Training

**Warm Up:**

2×25 Jumping Jacks

2×25 High Knees

2×25 Butt Kickers

**Workout:**

Push Ups

4×25

Air Squats

4×20

Sit Ups

4×20

Dips

4×15

Chin Ups

4×10

**Bonus Work:**

*Parkour training with resources shared below.*

## **Asta Workout Routine: Kettlebell Circuit and HIIT**

### **Warm Up:**

You can choose to do your HIIT first or warm up with the warm up shared in your calisthenics workout above.

### **Circuit Workout: Complete 3 Rounds**

20 Kettlebell Swings

15 Half Burpees on KB

20 KB Sumo Deadlift High Pulls

15 Toe Taps on KB

### **High Intensity Interval Training:**

Complete 20-30 Minutes of HIIT Sprints (workout found [here](#)) or choose a different HIIT Workout.

## **Asta Workout Routine: Long Distance Endurance Training**

*Normally I would scale this with our regular endurance work based on activity level, but for this one we're going to scale all those levels up a bit to make it slightly more advanced.*

**Beginner:** 2-4+ Miles

**Intermediate:** 4-6+ Miles

**Advanced:** 7.5+ Miles

If you need extra help working your way up to these long distance runs you can also utilize these resources:

- [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](#)
- [How To Continue Training After Your First 5K \(Workout Included\)](#)

## **Asta Workout Routine: Warm Up Work and Jump Rope Circuit**

### **Warm Up Work:**

Dumbbell Thrusters

4×15

Single Arm Kettlebell Deadlifts

4×20

Single Arm Dumbbell Snatches

4×10 each arm

Dumbbell Curl to Press

4×10

### **Jump Rope Circuit Workout:**

Choose from our [Jump Rope Workout Database](#) or from below:

- [Spider-Man Inspired Jump Rope Workout](#)

- [Superman Inspired Jump Rope Workout](#)
- [Green Arrow Inspired Jump Rope Workout](#)
- [Captain America Inspired Jump Rope Workout](#)

## **Asta Workout Routine: BIG Circuit [300 Workout]**

For this one you can choose a different BIG circuit (in this case I'm referring to a circuit that takes 30-45+ minutes to complete and is HIGH volume and intensity) like a Murph Challenge, but in this case I'll be sharing our [300 Workout](#).

### **Complete Two Rounds for Time**

*(Scale To One to Start)*

Pull-Ups: 25 reps

Deadlift: 50 reps at 135

Push-Ups: 50 reps

Box Jumps: 50 reps (ideally done on a 24" box)

Floor Wipers: 50 reps holding a 135 lb bar

Clean and Press (using a kettlebell or dumbbells): 50 reps, 25 per arm ideally with 36 lbs

Pull-Ups: 25 reps

## **Asta Workout Routine: Bodyweight Circuit and HIIT**

**Warm Up:**

You can choose to do your HIIT first or warm up with the warm up shared in your calisthenics workout above.

### **Circuit Workout: Complete 5 Rounds**

25 Push Ups

10 Jumping Jacks

20 Dips

10 Mountain Climbers

15 Dips

10 Half Burpees

10 Chin Ups

10 Jumping Lunges

### **High Intensity Interval Training:**

Complete 20-30 Minutes of HIIT Sprints (workout found [here](#)) or choose a different HIIT Workout.