

# YOKO LITTNER 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.

# YOKO LITTNER WORKOUT ROUTINE

## Training Volume:

3-5+ days per week

## Explanation:

I'm going to be writing you 3 days of programming per week and then you will have an extra 2 days devoted to fat burning cardio and high intensity training that is considered optional, but will help burn the extra fat potentially needed to get into Yoko's character and aesthetic.

## 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.

## Yoko Littner Workout Routine: Sample Workout Schedule

**Monday:** Full Body with Lower Body Focus and Circuit A

**Tuesday:** Endurance, HIIT and Optional Cardio

**Wednesday:** Full Body with Upper Body Focus and Circuit B

**Thursday:** Endurance, HIIT and Optional Cardio

**Friday:** Full Body with Lower Body Focus and Circuit C

**Saturday:** Active Rest Day

**Sunday:** Rest Day

## **Yoko Littner Workout Routine: Full Body with Lower Body Focus and Circuit A**

### **Warm Up:**

Varied Cardio (Elliptical/Treadmill/StairMaster)

5-10 Minutes

### **Workout:**

Goblet Squats with DB or KB

4x15

Weighted Lunges with DB or KB

4x10 each leg

Kettlebell Swings

4x12

Sumo Deadlift High Pull to Half Burpee

4×12

**Circuit A: 3 Rounds**

400m Run

20 Mountain Climbers

15 Box Jumps

10 Inch Worms

5 Burpees

**Yoko Littner Workout Routine: Full Body with Upper Body Focus and Circuit B**

**Warm Up:**

Varied Cardio (Elliptical/Treadmill/StairMaster)

5-10 Minutes

**Workout:**

Thrusters

4×15

Push Ups

4×10

Forearm Planks

4×60 seconds

Dips

4×10

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

50 Jump Ropes

10 Single Arm DB Snatches (Total)

20 Lying Leg Raises

10 Sit Ups

20 Planking Shoulder Taps

## **Yoko Littner Workout Routine: Full Body with Lower Body Focus and Circuit C**

### **Warm Up:**

Varied Cardio (Elliptical/Treadmill/StairMaster)

5-10 Minutes

**Workout:**

Weighted Glute Bridges

4x15

Alternating Pistol Squats

4x10 each

Kettlebell Swings

4x15

Burpees

4x10

**Circuit C: 3 Rounds**

20 Double Unders

10 Pike Push Ups

20 Double Unders

10 Skater Lunges

20 Double Unders

20 Bench Dips

# Yoko Littner Workout Routine: HIIT, Cardio and Jump Rope Resources

## HIIT Resources:

- [The Best HIIT Workouts](#)
- [Jump Rope Workout Database](#)

## Running/Endurance 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 \(Workout Included\)](#)

## Parkour Training Resources

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