

AOI TODO WORKOUT ROUTINE



Bonus PDF File
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AOI TODO WORKOUT ROUTINE

Training Volume:

5+ days per week

Explanation:

For this one we're going to be utilizing 4 upper and lower body training day's like we did for Mirko's workout, but we'll also be adding in 2 extra days of speed and aesthetic fat burn HIIT.

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.

Aoi Todo Workout Routine: Sample Workout Schedule

Monday: Sorcerer Upper Body A

Tuesday: Sorcerer Lower Body A

Wednesday: Todo High Intensity Interval Training A

Thursday: Sorcerer Upper Body B

Friday: Todo High Intensity Interval Training B

Saturday: Optional Alternative Training Methods w/ Bonus Resources

Sunday: Mandatory Rest Day

Aoi Todo Workout Routine: Sorcerer Upper Body A

Warm Up:

10 Minute Warm Up Walk/Jog

Main Compound:

Barbell Bench Press

4×12, 10, 8, 5

Workout:

Barbell Bent Over Rows

3×8-12

Seated Dumbbell Shoulder Press

3×8-12

Lat Pulldowns

3×8-12

Low Cable Chest Flyes

2×12-15

Dumbbell Curl

2×12-15

Overhead Dumbbell Tricep Extensions

2×12-15

Rope Cable Face Pulls

2×15-25

Aoi Todo Workout Routine: Sorcerer Lower Body A

Warm Up:

10 Minute Warm Up Walk/Jog

Main Compound:

Back Squats

4×12, 10, 8, 5

Workout:

Glute Ham Raises

3×8-12

Alternating Forward Lunges

3×10-15 each leg

Lying Hamstring Curls

3×12-15

Standing Smith Machine Calf Raises

3×8-12

Sit Ups

4×25

Hanging Leg Raises

4×20

Aoi Todo Workout Routine: Todo High Intensity Interval Training A

Complete 5 Rounds for Time:

Jump Rope x 100

Kettlebell Swings x 15

Jump Rope x 50

V-Ups x 30

Jump Rope x 50

Kettlebell Sumo Deadlift High Pull x 10

Jump Rope x 50

Plank x 60 seconds

Jump Rope x 50

Kettlebell Single Arm Alternating Deadlifts x 10 each arm

Aoi Todo Workout Routine: Sorcerer Upper Body B

Warm Up:

10 Minute Warm Up Walk/Jog

Main Compound:

Barbell Overhead Press

4×12, 10, 8, 5

Workout:

Pull Ups

3×10

Incline Dumbbell Bench Press

3×8-12

Cable Lat Pullovers

3×10-15

Close to Wide Push-ups

3×10-20

EZ-Bar Bicep Curl

3×12-15

Dumbbell Tricep Kickbacks

3×12-15

Aoi Todo Workout Routine: Sorcerer Lower Body B

Warm Up:

10 Minute Warm Up Walk/Jog

Main Compound:

Deadlifts

4×12, 10, 8, 5

Workout:

Leg Press

3×8-12

Unilateral Dumbbell Shrug

3×8-15

Leg Extensions

3×12-15

Seated Machine Calf Raises

3×15-20

Sit Ups with Side Twist

4×30

Hanging Knee Raises with Twist

4×20

**Aoi Todo Workout Routine: Todo High Intensity Interval
Training B**

Complete 5 Rounds for Time:

Jump Rope x 100

Dumbbell Curl to Press x 10

Jump Rope x 50

Bicycle Crunches x 30

Jump Rope x 50

Dumbbell Single Arm Alternating Snatches x 10 each arm

Jump Rope x 50

Dumbbell Russian Twists x 30

Jump Rope x 50

Dumbbell Thrusters x 15

Aoi Todo Workout Routine: Alternative Training Resources

MMA Training Resources:

- [Deathstroke Workout Routine](#)
- [Daredevil Workout Routine](#)
- [Moon Knight Workout Routine](#)
- [Sagat Workout Routine](#)
- [Anna Diop Workout Routine and Diet Plan](#)
- [Ryan Potter Workout Routine and Diet Plan](#)

- [Frank Grillo Boxing Workout](#)

Parkour Training Resources

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

HIIT Resources:

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

Endurance Training 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](#)