

MAKO

WORKOUT ROUTINE



Bonus PDF File
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MAKO WORKOUT ROUTINE

Training Volume:

5 days per week

Explanation:

We're going to be structuring this one similar to Azula's workout with 3 calisthenics days, but instead of one day built around strictly endurance and another one a circuit we'll be doing two circuits that hit endurance AND calisthenics for super-high intensity training.

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.

Mako Workout Routine: Sample Workout Schedule

Monday: Firebending Calisthenics A

Tuesday: Lightning Circuit A

Wednesday: Firebending Calisthenics B

Thursday: Lightning Circuit B

Friday: Firebending Calisthenics C

Saturday: Optional Bonus Training Day

Sunday: Rest Day

Mako Workout Routine: Firebending Calisthenics A

Warm Up:

3×100 Jump Rope (Sub Jumping Jacks)

Workout:

Clap Push Ups (Or Explosive)

4×25

Air Squats

4×20

Chest Dips

4×15

Chin Ups

4×10

Plank

3×60 Seconds

Sit Ups

4×25

Hanging Knee Raises w/ Twist

4×20

Mako Workout Routine: Lightning Circuit A

Warm Up:

2×25 High Knees

2×25 Butt Kickers

Workout: Complete 5 Rounds

100 Jump Rope

10 Push Ups

50 Jump Rope

10 Air Squat

50 Jump Rope

10 Chair Dips

50 Jump Rope

10 Mountain Climbers

50 Jump Rope

10 V-Ups

Mako Workout Routine: Firebending Calisthenics B

Warm Up:

3×100 Jump Rope (Sub Jumping Jacks)

Workout:

Jump Squats

4×25

Glute Bridges

4×20

Box Jumps

4×15

Jumping Lunges

4×10 each leg

Side Planks

3×30 Seconds each side

Bicycle Crunches

4×30

Lying Leg Raises

4×30

Mako Workout Routine: Lightning Circuit B

Warm Up:

2×25 High Knees

2×25 Butt Kickers

Workout: Complete 2 Rounds

800M Run

50 Pull Ups

75 Dips

100 Push Ups

150 Air Squats

All these can be broken up however you'd like to complete them

Mako Workout Routine: Firebending Calisthenics C

Warm Up:

3×100 Jump Rope (Sub Jumping Jacks)

Workout:

Close to Wide Push Ups

4×20

Wall Climbs

4×10

Burpees

4×15

Pull Ups

4×10

Russian Twists

3×30

Sit Ups with Twist

4x30

Hanging Leg Raises

4x20

Mako Workout Routine: Bonus 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](#)