

PORTGAS D. ACE WORKOUT ROUTINE



Bonus PDF File
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PORTGAS D. ACE WORKOUT ROUTINE

Training Volume:

5 days per week

Explanation:

For our Portgas D. Ace inspired training we're going to be going back to a PPL Split (Push, Pull, Legs) mixed with two days of either mixed martial arts training or parkour; and a day of endurance training. This one is not going to be easy! (Feel free to sub your MMA or parkour with HIIT workouts I also provide resources for below)

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.

Portgas D. Ace Workout Routine: Sample Workout Schedule

Monday: Ace Push Day

Tuesday: Mixed Martial Arts or Parkour (Resources Provided)

Wednesday: Ace Pull Day

Thursday: Mixed Martial Arts or Parkour (Resources Provided)

Friday: Ace Leg Day

Saturday: Devil Fruit Endurance Training

Sunday: Mandatory Rest Day

Portgas D. Ace Workout Routine: Ace Push Day

Warm Up:

1 Mile Bike Ride to Get Warm (Or Jog 1/4-1/2 a mile)

Workout:

Incline Dumbbell Bench Press

4×10-12 reps

Seated Military Press

4×10-12 reps

Seated Tricep Overhead Extension

4×10-12 reps

Cable Pushdowns

3×10

Dumbbell Chest Flyes

3×10

Seated Shoulder Front Raises

3×10

Dips

3×15

Portgas D. Ace Workout Routine: Ace Pull Day

Warm Up:

1 Mile Bike Ride to Get Warm (Or Jog 1/4-1/2 a mile)

Workout:

Deadlifts

4×5-8 reps

Bent Over Barbell Rows

4×10-12 reps

Preacher Curls

4×10-12 reps

Wide Grip Pulldowns

3×10

Alternating Dumbbell Hammer Curls

3×10

Dumbbell Lateral Raises

3×10

Chin Ups

3×12

Portgas D. Ace Workout Routine: Ace Leg Day

Warm Up:

1 Mile Bike Ride to Get Warm (Or Jog 1/4-1/2 a mile)

Workout:

Back Squat

4×10-12 reps

Leg Press

4×10-12 reps

Seated Calf Raises

4×10-12 reps

Hamstring Curls

3×10

Quad Extensions

3×10

Weighted Bridges

3×10

Weighted Step Ups

3×20 (total)

Portgas D. Ace Workout Routine: Devil Fruit Endurance Training

To train like Portgas D. Ace we're going to also be required to run once per week.

Obviously your MMA training and Parkour training will also help with your endurance (or your HIIT if you opt for that), but this one is also mandatory.

We'll be training around your specific fitness level:

Beginner: 3 Miles

Intermediate: 5 Miles

Advanced: 7.5 Miles

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

Portgas D. Ace Workout Routine: Bonus Training Resources

Use the below resources for your other two days of training.

Choose according to your own goals with this program.

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](#)