

SOKKA

WORKOUT ROUTINE



Bonus PDF File
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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.

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SOKKA WORKOUT ROUTINE

Training Volume:

5 days per week

Explanation:

For this one we're going to be using calisthenics training three days a week and then endurance training and extra core and ab work another two days a week. I'll also be providing you extra resources for training with parkour, mixed martial arts and endurance as well.

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.

Sokka Workout Routine: Sample Workout Schedule

Monday: Sokka Warrior Training Calisthenics A

Tuesday: Endurance and Core Work A

Wednesday: Sokka Warrior Training Calisthenics B

Thursday: Endurance and Core Work B

Friday: Sokka Warrior Training Calisthenics C

Saturday: Optional MMA/Parkour/Extra Endurance or Active Rest Day

Sunday: Mandatory Rest Day

Sokka Workout Routine: Sokka Warrior Training Calisthenics

A

Warm Up:

800m Run

Superset A:

A. Close Grip Push Ups

3×15

B. Double Unders

3×20

Superset B:

A. Dips

3×10

B. Planking Shoulder Taps

3×20

Circuit Finisher: Complete Three Rounds

20 Push Ups

10 Half Burpees

20 Chair Dips

10 Mountain Climbers

Sokka Workout Routine: Endurance and Core Work A

Your endurance work is going to be running, but you have the freedom to swap out rowing, biking or swimming if you'd like – you'll just have to scale each of those accordingly.

Here's your running based on your overall fitness level:

Beginner: 1-3 Mile Run

Intermediate: 3-5 Mile Run

Advanced: 5+ Mile Run

You can use these resources to level up your run if needed:

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 \(Workout Included\)](#)

Sokka Core Training A:

Plank

3×60 seconds

Sit Ups

3×25

Lying Leg Raises with Hip Thrust

3×20

Flutter Kicks

3×50

Hollow Hold

3×30 seconds

Sokka Workout Routine: Sokka Warrior Training Calisthenics

B

Warm Up:

800m Run

Superset A:

A. Wide Grip Push Ups

3×20

B. Burpees

3×10

Superset B:

A. Chin Ups

3×10

B. Wide To Close Explosive Push Ups

3×10

Circuit Finisher: Complete Three Rounds

20 Second Hollow Hold

10 Wide Grip Pull Ups

20 Regular Push Ups

10 Box Jumps

Sokka Workout Routine: Endurance and Core Work B

Your endurance work is going to be running, but you have the freedom to swap out rowing, biking or swimming if you'd like – you'll just have to scale each of those accordingly.

Here's your running based on your overall fitness level:

Beginner: 1-3 Mile Run

Intermediate: 3-5 Mile Run

Advanced: 5+ Mile Run

You can use these resources to level up your run if needed:

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 \(Workout Included\)](#)

Sokka Core Training B:

Side Planks

3×30 seconds each side

V-Ups

3×25

Hanging Leg Raises

3×20

Bicycle Crunches

3×30

Reverse Superman Hold

3×30 seconds

Sokka Workout Routine: Sokka Warrior Training Calisthenics

C

Warm Up:

800m Run

Superset A:

A. Air Squats

3×20

B. Double Unders

3×20

Superset B:

A. Jumping Lunges

3×20

B. Boxer Skips

3×50

Circuit Finisher: Complete Three Rounds

20 Glute Bridges

10 Box Step Ups (Each Leg)

20 Chair Dips

10 Meter Sprint

Sokka 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](#)