

ASUKA 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.

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ASUKA WORKOUT ROUTINE

Training Volume:

3-5 days per week

Explanation:

I'm going to give you 3 days of full body training which will be very beginner oriented, and then I'll also give you some extra resources for if you want to add in some more training 2 more days per week with HIIT, Endurance or even MMA/Parkour!

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.

Asuka Workout Routine: Sample Workout Schedule

Monday: EVA Pilot Full Body A

Tuesday: Optional Additional Training

Wednesday: EVA Pilot Full Body B

Thursday: Optional Additional Training

Friday: EVA Pilot Full Body C

Saturday: Active Rest Day

Sunday: Mandatory Rest Day

Asuka Workout Routine: EVA Pilot Full Body A

Warm Up:

10 Minute Walk/Run

Workout:

Cable Chest Flyes

3×10

Leg Press

3×10

Shoulder Front Raises

3×10

Cable Rows

3×10

Tricep Cable Pushdowns

3×10

Dumbbell Curl to Press

3×10

Core:

Sit Ups

2×25

Lying Leg Raises

2×25

Asuka Workout Routine: EVA Pilot Full Body B

Warm Up:

10 Minute Walk/Run

Workout:

Incline Press

3×10

Dumbbell Goblet Squat

3×10

Arnold Press

3×10

Pulldowns

3×10

Cable Kickbacks

3×10 each arm

Hammer Curl with Rope and Cable

3×10

Core:

V-Ups

2×25

Flutter Kicks

2×50

Asuka Workout Routine: EVA Pilot Full Body C

Warm Up:

10 Minute Walk/Run

Workout:

Push Ups

3×15

Glute Bridges

3×10

Seated Military Press

3×10

Kettlebell Deadlift (or Dumbbell)

3×10

Seated Tricep Overhead Extension

3×10

Dumbbell Step Up Curls

3×10 each arm/leg

Core:

Bicycle Crunches

2×30

Russian Twists

2×30

Asuka 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](#)
- [How To Continue Training After Your First 5k \(Workout Included\)](#)