

PEGASUS SEIYA WORKOUT ROUTINE



Bonus PDF File
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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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PEGASUS SEIYA WORKOUT ROUTINE

Training Volume:

5 days per week

Explanation:

We're going to be lifting weights 3 days a week, running one day per week and then taking on a challenge circuit a final day of the week to see how we can improve over time.

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.

Pegasus Seiya Workout Routine: Sample Workout Schedule

Monday: Mythical Warrior Push Day

Tuesday: Saint Endurance Training

Wednesday: Mythical Warrior Pull Day

Thursday: Warrior Challenge Circuit

Friday: Mythical Warrior Leg Day

Saturday: Optional Mixed Martial Arts, HIIT, Parkour or Active Rest Day

Sunday: Mandatory Rest Day

Pegasus Seiya Workout Routine: Mythical Warrior Push Day

Warm Up:

Jog 800M

Workout:

Incline Bench Press

3×12, 10, 8

Machine Chest Flyes

3×10

Cable Pushdowns with Rope

3×12, 10, 8

Skull Crushers

3×10

Dips

3×12

Final Circuit: 3 Rounds

25 Push Ups

20 Sit Ups

15 Box Jumps

10 Plank to Push Ups

Pegasus Seiya Workout Routine: Saint Endurance Training

Work your way up to Saint-like endurance by running based on your current fitness level.

Beginner: 1-3 Miles

Intermediate: 3-5 Miles

Advanced 5+ Miles

Saint-Like: 10+ 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 \(Workout Included\)](#)

Pegasus Seiya Workout Routine: Mythical Warrior Pull Day

Warm Up:

Jog 800M

Workout:

Deadlift

3×12, 10, 8

Alternating Dumbbell Curls

3×10

Cable Rows

3×12, 10, 8

Concentration Curls

3×10

Chin Ups

3×12

Final Circuit: 3 Rounds

30 Second Plank

20 Wide Push Ups

30 Second Superman Hold

20 Lying Leg Raises

Pegasus Seiya Workout Routine: Warrior Fitness Challenge

Complete 3 Rounds:

800m Run

60 Push Ups

50 Air Squats

40 Dips

30 Pull Ups

Utilize other HIIT Workouts to Sub in and out with this challenge or take on Benchmark Workouts within our Core Programs.

HIIT Resources:

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

Pegasus Seiya Workout Routine: Mythical Warrior Leg Day

Warm Up:

Jog 800M

Workout:

Back Squat

3×12, 10, 8

Cable Pullthroughs

3×10

Leg Press

3×12, 10, 8

Hamstring Kickbacks with Cable

3×10

Weighted Step Ups

3×15 each leg

Final Circuit: 3 Rounds

20 Double Unders

15 Goblet Squats

10 Glute Bridges

Pegasus Seiya 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](#)