

# L LAWLIET 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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# MACHIO NARUZO WORKOUT ROUTINE

## Training Volume:

3-5 days per week

## Explanation:

We're going to be working with 3 days of extremely basic and scaleable calisthenics training and light core work as well as 2 days of optional training that can range from tennis and/or endurance all the way to parkour or MMA training with resources I provide.

## 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.

## L Lawliet Workout Routine: Sample Workout Schedule

**Monday:** L Calisthenics and Core A

**Tuesday:** Optional Tennis, Endurance, Mixed Martial Arts, HIIT, Parkour or Active Rest Day

**Wednesday:** L Calisthenics and Core B

**Thursday:** Optional Tennis, Endurance, Mixed Martial Arts, HIIT, Parkour or Active Rest Day

**Friday:** L Calisthenics and Core C

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

**Sunday:** Mandatory Rest Day

## **L Lawliet Workout Routine: Calisthenics and Core A**

### **Warm Up:**

25 Jumping Jacks

25 High Knees

25 Butt Kicks

### **Calisthenics A:**

Push Ups

3×25

Air Squats

3×20

Dips

3×15

Chin Ups

3×10

**Core Work A:**

Sit Ups

3×20

Lying Leg Raises

3×20

**L Lawliet Workout Routine: Calisthenics and Core B**

**Warm Up:**

25 Jumping Jacks

25 High Knees

25 Butt Kicks

**Calisthenics B:**

Wide Push Ups

3×25

Lunges

3×20 (total)

Tricep Extensions

3×15

Pull Ups

3×10

**Core Work B:**

Sit Ups with Twist

3×20

Flutter Kicks

3×40

**L Lawliet Workout Routine: Calisthenics and Core C**

**Warm Up:**

25 Jumping Jacks

25 High Knees

25 Butt Kicks

## **Calisthenics C:**

Close Push Ups

3×25

Glute Bridges

3×20

Plank to Push Ups

3×15

Wide Grip Pull Ups

3×10

## **Core Work C:**

Bicycle Crunches

3×40

Lying Leg Raise with Hip Thrust

3×20

## **L Lawliet Workout Routine: Optional Additional Training Resources**

### **Parkour Training Resources:**

- [The Nightrunner Parkour Workout Routine](#)
- [The Assassin's Creed Parkour Workout Routine](#)
- [The Robbie Amell Parkour Workout Routine](#)

### **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 \(Workout Included\)](#)

### **Alternative Training HIIT Resources:**

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

### **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](#)