

LELOUCH 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 ensure the tips given in this course are appropriate for your individual circumstances.

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LELOUCH WORKOUT ROUTINE

Training Volume:

3-5 days per week

Explanation:

This one is going to be extremely beginner-oriented considering Lelouch is described as having “the physical prowess of a teenager who engages in little to no strenuous physical activity”. Being that this is still a workout, the main goal will be weight loss to get down to the Lelouch slender physique, but I will still add in some calisthenics training for some toning 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 & traditional pyramid training, straight sets, super sets, progressive overload and more.

Lelouch Workout Routine: Sample Workout Schedule

Monday: Low Intensity Cardio and Toning Calisthenics and Optional Core A

Tuesday: Active Rest Day or Optional Alternative Training Methods

Wednesday: Low Intensity Cardio and Toning Calisthenics and Optional Core B

Thursday: Active Rest Day or Optional Alternative Training Methods

Friday: Low Intensity Cardio and Toning Calisthenics and Optional Core C

Saturday: Active Rest Day or Optional Alternative Training Methods

Sunday: Mandatory Rest Day

Lelouch Workout Routine: Low Intensity Cardio and Toning Calisthenics and Optional Core A

Low Intensity Cardio (For Weight Loss):

Complete 30-60 Minutes of Varied Cardio

This can be varied every 10, 15, 20, or even 30 minutes, or completed 60 minutes in one shot.

Options for Cardio:

- Walk or Run or Treadmill
- Rower
- Elliptical
- StairMaster
- Swimming
- Bike

Toning Calisthenics A

Push Ups

3×10-20

Air Squats

3×10-20

Dips

3×5-15

Pull Ups

3×5-15

Optional Core A

Sit Ups

3×10-20

Lying Leg Raises

3×10-20

**Lelouch Workout Routine: Low Intensity Cardio and Toning
Calisthenics and Optional Core B**

Low Intensity Cardio (For Weight Loss):

Complete 30-60 Minutes of Varied Cardio

This can be varied every 10, 15, 20, or even 30 minutes, or completed 60 minutes in one shot.

Options for Cardio:

- Walk or Run or Treadmill
- Rower
- Elliptical
- StairMaster
- Swimming
- Bike

Toning Calisthenics B

Wide Push Ups

3×10-20

Lunges

3×10-20 each leg

Plank to Push Ups

3×5-15

Pike Push Ups

3×5-15

Optional Core B

V-Ups

3×10-20

Flutter Kicks

3×10-20

Lelouch Workout Routine: Low Intensity Cardio and Toning Calisthenics and Optional Core C

Low Intensity Cardio (For Weight Loss):

Complete 30-60 Minutes of Varied Cardio

This can be varied every 10, 15, 20, or even 30 minutes, or completed 60 minutes in one shot.

Options for Cardio:

- Walk or Run or Treadmill
- Rower
- Elliptical
- StairMaster
- Swimming
- Bike

Toning Calisthenics C

Decline Push Ups

3×10-20

Glute Bridges

3×10-20

Tricep Extensions or Chair Dips

3×5-15

Chin Ups

3×5-15

Optional Core C

Bicycle Crunches

3×10-20

Hanging Leg Raises

3×10-20

Lelouch 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](#)

Optional Alternative Training:

- [The Best HIIT Workouts](#)
- [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 Train After Your First 5K \(Workout Included\)](#)

Main MMA Training Resources

- [Anna Diop Workout Routine and Diet Plan](#)
- [Ryan Potter Workout Routine and Diet Plan](#)
- [Frank Grillo Boxing Workout](#)

Other MMA Training Resources:

- [Deathstroke Workout Routine](#)
- [Daredevil Workout Routine](#)
- [Moon Knight Workout Routine](#)
- [Sagat Workout Routine](#)