

MAHITO

WORKOUT ROUTINE



Bonus PDF File
By: Mike Romaine

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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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MAHITO WORKOUT ROUTINE

Training Volume:

5 days per week

Explanation:

We're going to be training with calisthenics, HIIT and even a little optional MMA and Parkour. We'll utilize endurance work, with our calisthenics as well as focus on creating the lean and toned physique Mahito has with core work built into almost every day.

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.

Mahito Workout Routine: Sample Workout Schedule

Monday: Cursed Cardio and Calisthenics A

Tuesday: Special Grade High Intensity Interval Training

Wednesday: Cursed Cardio and Calisthenics B

Thursday: Endurance Focused Circuit Intensity

Friday: Cursed Cardio and Calisthenics C

Saturday: Active Rest Day or Optional Additional Training with Resources

Sunday: Mandatory Rest Day

Mahito Workout Routine: Cursed Cardio and Calisthenics A

Warm Up:

25-50 Jumping Jacks (or Jump Rope)

25 High Knees

25 Mountain Climbers

Workout:

Superset One:

A. Close to Wide Push Ups

3×30

B. Tricep Extensions

3×10-15

Superset Two:

A. Inch Worm to Push Ups

3×10

B. Jumping Lunges

3×20

Superset Three:

A. Sit Ups

3×20

B. Plank Hold

3×60 Seconds

Superset Four:

A. Lying Leg Raises

3×20

B. L-Sit Hold

3×30 Seconds

Cardio:

20-30 Minutes of Varied Cardio

[Run/Walk, Bike, Swim, Row, Elliptical, etc.]

Mahito Workout Routine: Special Grade High Intensity Interval Training

Warm Up:

5-10 minute walk/jog

Workout: Complete 3 Rounds

Basic Skip Jump Rope x 100

5 Burpees

Boxer Skip x 50

10 Wall Climbs

Boxer Skip x 50

15 Plank to Push Ups

Boxer Skip x 50

20 Close to Wide Squats

Boxer Skip x 50

25 Push Ups

Boxer Skips x 50

30 Second Plank Hold

Rest 1-5 Minutes as Needed

Mahito Workout Routine: Cursed Cardio and Calisthenics B

Warm Up:

25-50 Jumping Jacks (or Jump Rope)

25 High Knees

25 Mountain Climbers

Workout:

Superset One:

A. Explosive Push Ups

3×25

B. Plank to Push Ups

3×15

Superset Two:

A. Wall Climbs

3×10

B. Box Jumps

3×20

Superset Three:

A. V-Ups

3×20

B. Side Planks

3×30 Seconds Each Side

Superset Four:

A. Hanging Knee Raises with Twist

3×20

B. Hollow Hold

3×30 Seconds

Cardio:

20–30 Minutes of Varied Cardio

[Run/Walk, Bike, Swim, Row, Elliptical, etc.]

Mahito Workout Routine: Endurance Focused Circuit Intensity

Warm Up:

10 Jumping Jacks

10 High Knees

10 Butt Kicks

Workout: Complete 3 Rounds

Run 800m

40 Push Ups

30 Air Squats

20 Dips

10 Pull Ups

Mahito Workout Routine: Cursed Cardio and Calisthenics C

Warm Up:

25-50 Jumping Jacks (or Jump Rope)

25 High Knees

25 Mountain Climbers

Workout:

Superset One:

A. Decline Parallette Push Ups

3×25

B. Dips

3×15-20

Superset Two:

A. Pull Ups

3×10

B. Alternating Pistol Squats

3×20

Superset Three:

A. Slow Crunches

3×30

B. Russian Twists

3×30

Superset Four:

A. Lying Leg Raises with Hip Thrust Finish

3×10-15

B. Superman Hold

3×30 Seconds

Cardio:

20-30 Minutes of Varied Cardio

[Run/Walk, Bike, Swim, Row, Elliptical, etc.]

Mahito 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 HIIT 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](#)