

# AVATAR KYOSHI WORKOUT ROUTINE



Bonus PDF File  
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# AVATAR KYOSHI WORKOUT ROUTINE

## Training Volume:

3 days per week

## Explanation:

For this one we're going to be powerlifting with a 3 day split. We have had a couple other powerlifting oriented workouts for women on the site thus far, but none that really dove right in like this one is going to. For that reason I want to start slightly beginner oriented while focusing on these big lifts and building big strength.

## Additional Accessory Work and Training Options:

If you'd like to add in another day or two of training you can do so by utilizing some of the additional resources I provide at the end of the routine or even by tacking on an extra full body day devoted to accessory work you feel you need to be utilizing. The key is to make sure you are getting plenty of rest between each training session to prioritize growth and recovery.

## 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.

## **Big Mom Workout Routine: Sample Workout Schedule**

**Monday:** Heavy 5×5 Back Squat Day

**Tuesday:** Rest Day or Bonus Training

**Wednesday:** Heavy 5×5 Bench Press Day

**Thursday:** Rest Day or Bonus Training

**Friday:** Heavy 5×5 Deadlift Day

**Saturday:** Rest Day

**Sunday:** Rest Day

## **Big Mom Workout Routine: Heavy 5×5 Back Squat Day**

### **Warm Up:**

High Incline Walk for 5-10 Minutes

### **Heavy Compound:**

Back Squats

5×5

### **Accessory Lifts:**

Front Squats

3×10

Branded Bridges

3×12

Banded Clams

3×12

Seated Calf Raises

3×15

## **Big Mom Workout Routine: Heavy 5×5 Bench Press Day**

### **Warm Up:**

High Incline Walk for 5-10 Minutes

### **Heavy Compound:**

Bench Press

5×5

### **Accessory Lifts:**

Close Grip Bench Press

3×8

Incline Dumbbell Bench Press

3×10

Dumbbell Lateral Raises

3×12

Weighted Dips

3×8

## **Big Mom Workout Routine: Heavy 5×5 Back Deadlift Day**

### **Warm Up:**

High Incline Walk for 5-10 Minutes

### **Heavy Compound:**

Deadlift

5×5

### **Accessory Lifts:**

Back Extensions

4×10

Upright Rows

3×10

Alternating Dumbbell Bicep Curls

3×10 each arm

Chin Ups

3×10

## **Big Mom Workout Routine: Additional Optional Training Resources**

### **High Intensity Interval Training Resources:**

- [High Intensity Interval Workouts](#)
- [Jump Rope Circuit Workouts](#)

### **Parkour Training Resources:**

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

### **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](#)

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