

JUVIA LOCKSER 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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JUVIA LOCKSER WORKOUT ROUTINE

Training Volume:

3-5 days per week

Explanation:

For this one you're going to be swimming 3-5 days per week but two days per week I will also be programming you a calisthenics alternative to sub in 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.

Juvia Lockser Workout Routine: Sample Workout Schedule

Monday: Mage Distance Swimming

Tuesday: S-Class Calisthenics Training (Or Sub Swimming)

Wednesday: Mage Tempo Swimming and Sprint Finisher

Thursday: S-Class Calisthenics Training (Or Sub Swimming)

Friday: Mage Distance Swimming

Saturday: Optional Additional Training with Resources

Sunday: Rest Day

Juvia Lockser Workout Routine: Mage Distance Swimming

Warm Up:

200–500m of Low Pace Swimming

Kickboard Swim 100M, Rest 30 Seconds and Repeat 4 Times

Workout:

- 500m at 35% with 30–60 seconds rest
- 500m at 50% with 30–60 seconds rest
- 500m at 75% with 30–60 seconds rest
- 500m at 80% with 30–60 seconds rest

Juvia Lockser Workout Routine: S-Class Calisthenics

Warm Up:

20–30 Minutes Varied Cardio

- Walk/Run
- Bike

- Row
- Elliptical
- StairMaster

Calisthenics Workout:

Air Squats

3×20

Sit Ups

3×15

Lying Leg Raises

3×15

Push Ups

3×10

Chair Dips

3×10

Pull Ups/Chin Ups

3×5

Juvia Lockser Workout Routine: Mage Tempo Swimming and Sprint Finisher

Warm Up:

200–500m of Low Pace Swimming

Kickboard Swim 100M, Rest 30 Seconds and Repeat 4 Times

TEMPO WORKOUT

- 200 at 75% with 30 seconds rest
- 150 at 80% with 20 seconds rest
- 100 at 90% with 15 seconds rest
- 50 at 100% with 60 seconds rest
- **Repeat four times total**

Fitness Swimmers

- 1X100m at 100%.
- Rest 4–5x longer than it took you to complete it.
- Repeat 4–5 times or until you are fully gassed.

Juvia Lockser Workout Routine: S–Class Calisthenics

Warm Up:

20–30 Minutes Varied Cardio

- Walk/Run
- Bike
- Row

- Elliptical
- StairMaster

Calisthenics Workout:

Air Squats

3×20

Sit Ups

3×15

Lying Leg Raises

3×15

Push Ups

3×10

Chair Dips

3×10

Pull Ups/Chin Ups

3×5

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