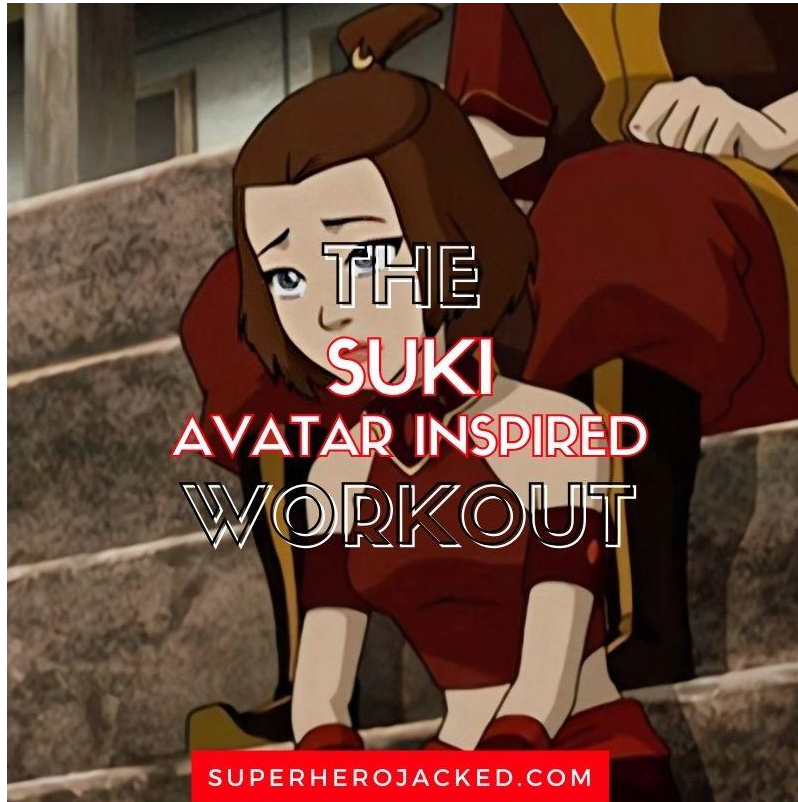


SUKI WORKOUT ROUTINE



Bonus PDF File
By: Mike Romaine

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The information provided in this book is for educational purposes only. I am not a doctor and this is not meant to be taken as medical advice.

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.

If you have any health issues or pre-existing conditions, please consult with your physician before implementing any of the information provided in this course.

This product is for informational purposes only and the author does not accept any responsibilities for any liabilities or damages, real or perceived, resulting from the use of this information.

SUKI

WORKOUT ROUTINE

Training Volume:

4 days per week of calisthenics and 1-2 days a week of endurance training

Explanation:

Training to try to become THE LEADER of The Kyoshi Warriors is no joke. We'll be utilizing four days of calisthenics training that will be based on hitting fatigue and using progressive overload to focus in on hypertrophy and building muscle, but the scaling up will be on you. I won't be there to tell you want to increase the volume/workload. We'll also use long distance endurance training and HIIT to build that speed and endurance Suki has as well.

Additional Explanation:

Your starting work is scalable but as the weeks go by it's your responsibility to increase the volume/rep count. I recommend utilizing our [Ultimate Calisthenics Workout and Guide](#) to learn more about scaling and each movements specific options. Your blowout for each day is going to specifically be going until failure to really make sure we hit fatigue.

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.

Suki Workout Routine: Sample Workout Schedule

Monday: Upper Body Focused Calisthenics Work and Core

Tuesday: Full Body Calisthenics Work and HIIT

Wednesday: Long Distance Cardio Endurance Training

Thursday: Lower Body Focused Calisthenics Work and Core

Friday: Full Body Calisthenics Work and HIIT

Saturday: Long Distance Cardio Endurance Training

Sunday: Rest Day

Suki Workout Routine: Upper Body Focused Calisthenics Work

Warm Up:

Jog 400m

Initial Work:

Your starting work is scalable but as the weeks go by it's your responsibility to increase the volume/rep count.

Regular Push Ups (Can Scale on Knees)

4x25

Skull Crushers (Calisthenics)

4x20

Wide to Close Push Ups (Can Scale on Knees)

4x20

Dips (Can Scale using Chair)

4x20

Pull Ups (Can Scale to Pikes)

4x10

Fatigue Blowout:

Complete 3 Rounds Super-Set Style

- Push Ups to Failure
- Dips to Failure
- Pike Push Ups to Failure

Core Work:

Forearm Plank

3×60 Seconds

V-Ups

3×30

Leg Raises (Lying or Hanging)

3×25

L-Sit Hold

3×15 Seconds

Suki Workout Routine: Full Body Focused Calisthenics Work and HIIT

For your full body calisthenics days we're going to focus in on working with the most effective compound calisthenics movements and hit them HARD.

Warm Up:

Jog 400m

Initial Work:

Your starting work is scalable but as the weeks go by it's your responsibility to increase the volume/rep count.

Explosive Push Ups

5×30

Jump Squats

5×20

Dips

5×15

Chin Ups

5×10

HIIT Endurance Work:

Instead of a finisher and core on your full body focused days you're going to work on shredding some extra fat to show off the abs you're building on other days. For this you're more than welcome to switch it up and do 20, 30 or even 60 minutes of HIIT, but I recommend choosing from our favorite HIIT workouts:

- [The Best HIIT Workouts To Step Up Your Workout](#)

Suki Workout Routine: Long Distance Cardio Endurance Training

Similar to our HIIT Training above I'm going to also be sharing some outside resources for your running.

I personally like to base our running (distances) on overall fitness level, but I also have resources from celeb and character workouts that will definitely come in handy!

Here's the initial distance levels to get you started:

Beginner: 1-3 Miles

Intermediate: 3-5 Miles

Advanced: 5+ Miles

Running Based Celebrity and Character Workouts

- [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 \(Workout Included\)](#)

Suki Workout Routine: Lower Body Focused Calisthenics Work

Warm Up:

Jog 400m

Initial Work:

Your starting work is scalable but as the weeks go by it's your responsibility to increase the volume/rep count.

Air Squats (Can Scale Using Chair)

4×25

Glute Bridges

4×20

Bulgarian Split Squats

4×20 each leg

Alternating Pistol Squats (Scale Using Chair)

4×20 total

Box Jumps

4×10

Fatigue Blowout:

Complete 3 Rounds Super-Set Style

- Pause Squats to Failure
- Wall Sit to Failure
- Lying Leg Raises to Failure

Core Work:

Forearm Plank

3×60 Seconds

Sit Ups

3×30

Russian Twists

3×25

Hollow Hold

3×15 Seconds

Suki Workout Routine: Full Body Focused Calisthenics Work and HIIT

For your full body calisthenics days we're going to focus in on working with the most effective compound calisthenics movements and hit them HARD.

Warm Up:

Jog 400m

Initial Work:

Your starting work is scalable but as the weeks go by it's your responsibility to increase the volume/rep count.

Explosive Push Ups

5×30

Jump Squats

5×20

Dips

5×15

Chin Ups

5×10

HIIT Endurance Work:

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Suki Calisthenics Workout Routine: Long Distance Cardio Endurance Training

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- [Grant Gustin Workout Routine and Diet Plan](#)
- [How To Continue Training After Your First 5K \(Workout Included\)](#)

Suki 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](#)

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](#)