

ZENO ZOLDYCK WORKOUT ROUTINE



Bonus PDF File
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ZENO ZOLDYCK WORKOUT ROUTINE

Training Volume:

5 days per week

Explanation:

For this one we're going to be utilizing 3 base days of calisthenics and then 2 days devoted to circuit intensity to put our speed to the test. On our base days we'll have different variations of calisthenics training that you can scale up or down by increasing or decreasing the rep count (or total sets) or scaling to a more or less advanced movement. On top of that we'll be throwing in some hold work on each base calisthenics day 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.

Zeno Zoldyck Workout Routine: Sample Workout Schedule

Monday: Zoldyck Assassin Base Calisthenics A

Tuesday: Nen Long Endurance Intensity Circuit

Wednesday: Zoldyck Assassin Base Calisthenics B

Thursday: Nen High Intensity Interval Training Circuit

Friday: Zoldyck Assassin Base Calisthenics C

Saturday: Optional Additional Training with Resources

Sunday: Rest Day

Zeno Zoldyck Workout Routine: Zoldyck Assassin Base Calisthenics A

Warm Up:

Run 800-1600M

Workout:

Decline Push Ups

4×25

Plank to Push Ups

4×15

Jumping Lunges

4×10 each leg

Wide Grip Pull Ups

4×10

Holds:

L-Sit Hold

3×30 Seconds

Hollow Hold:

3×30 Seconds

Superman Hold

3×30 Seconds

Core Circuit Finisher: 3 Rounds

Sit Ups x 30 Seconds

Lying Leg Raises x 30 Seconds

Bicycle Crunches x 30 Seconds

Flutter Kicks x 30 Seconds

**Zeno Zoldyck Workout Routine: Nen Long Endurance
Intensity Circuit**

Warm Up:

25 Jumping Jacks

25 High Knees

25 Butt Kicks

Workout: Complete 2 Rounds

Run 800M

150 Push Ups

100 Air Squats

75 Sit Ups

50 Dips

**Zeno Zoldyck Workout Routine: Zoldyck Assassin Base
Calisthenics B**

Warm Up:

Run 800-1600M

Workout:

Diamond Push Ups

4×20

Dips

4×20

Alternating Pistol Squats

4×10 each leg

Chin Ups

4×10

Holds:

Plank Hold

3×60 Seconds

Hollow Hold:

3×30 Seconds

Superman Hold

3×30 Seconds

Core Circuit Finisher: 3 Rounds

V-Ups x 30 Seconds

Knee Tucks x 30 Seconds

Suitcases x 30 Seconds

Mountain Climbers x 30 Seconds

Zeno Zoldyck Workout Routine: Nen High Intensity Interval Training Circuit

Warm Up:

25 Jumping Jacks

25 High Knees

25 Butt Kicks

Workout: Complete 5 Rounds

5 Double Unders

5 Close Push Ups

5 Double Unders

5 Wide Push Ups

5 Double Unders

5 Regular Push Ups

5 Double Unders

5 Decline Push Ups

Break as Needed

Zeno Zoldyck Workout Routine: Zoldyck Assassin Base Calisthenics C

Warm Up:

Run 800-1600M

Workout:

Explosive Push Ups

4×20

Wide to Close Air Squats

4×20

Handstand Push Ups

4×10

Pull Ups

4×10

Holds:

Side Planks

3×30 Seconds

Hollow Hold:

3×30 Seconds

Superman Hold

3×30 Seconds

Core Circuit Finisher: 3 Rounds

Reverse Crunches x 30 Seconds

Dead Bug x 30 Seconds

Flutter Kicks x 30 Seconds

Sit Ups x 30 Seconds

Zeno Zoldyck Workout Routine: Optional Additional Training Resources

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 Train After Your First 5K \(Workout Included\)](#)

HIIT Training Resources:

- [The Best HIIT Workouts](#)
- [Jump Rope Workout Database](#)

Parkour Training Resources:

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