

AKAME 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.

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.

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AKAME WORKOUT ROUTINE

Training Volume:

5 days per week

Explanation:

We're going to be training with two days devoted to endurance work and then three days using calisthenics circuits similar to our [Assassin Calisthenics](#) program that has literally been used to train future U.S. Marines.

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.

Akame Workout Routine: Sample Schedule

Monday: Assassin Calisthenics Circuit A

Tuesday: Endurance Training

Wednesday: Assassin Calisthenics Circuit B

Thursday: Endurance Training

Friday: Assassin Calisthenics Circuit C

Saturday: Optional Additional Training with Resources

Sunday: Rest Day

Akame Workout Routine: Assassin Calisthenics Circuit A

Complete 3-5 Rounds:

50 Jump Rope Skips, High Knees, or Toe Taps

30 Air Squats

50 JR, HK or TT

25 Sit Ups

50 JR, HK or TT

20 Push Ups

50 JR, HK or TT

15 Tricep Extensions

50 JR, HK, or TT

10 Wall Climbs

Akame Workout Routine: Endurance Training

Run Based on Overall Fitness Level:

Beginner: 1-3 Miles

Intermediate: 3-5 Miles

Advanced: 5+ Miles

Endurance Work 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 \(Workout Included\)](#)

Akame Workout Routine: Assassin Calisthenics Circuit B

Complete 3-5 Rounds:

50 Jump Rope Skips, High Knees, or Toe Taps

30 Sit Ups with Twist

50 JR, HK or TT

25 Decline Push Ups

50 JR, HK or TT

20 Glute Bridges

50 JR, HK or TT

15 Plank to Push Ups

50 JR, HK, or TT

10 Chin Ups

Akame Workout Routine: Endurance Training

Run Based on Overall Fitness Level:

Beginner: 1-3 Miles

Intermediate: 3-5 Miles

Advanced: 5+ Miles

Endurance Work 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 \(Workout Included\)](#)

Akame Workout Routine: Assassin Calisthenics Circuit C

Complete 3-5 Rounds:

50 Jump Rope Skips, High Knees, or Toe Taps

30 Wide to Close Push Ups

50 JR, HK or TT

25 Box Jumps

50 JR, HK or TT

20 Lying Leg Raises

50 JR, HK or TT

15 Dips

50 JR, HK, or TT

10 Wide Grip Pull Ups (or Pike Push Ups)

Akame Workout Routine: Optional Additional Training Resources

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](#)

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](#)