

ANNIE LEONHART 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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ANNIE LEONHART WORKOUT ROUTINE

Training Volume:

5 days per week

Explanation:

For this one we're going to be utilizing 3 days of calisthenics and endurance work and then two days of circuit style calisthenics and core work.

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.

Annie Leonhart Workout Routine: Sample Schedule

Monday: Female Titan Calisthenics and Endurance A

Tuesday: Survey Corps Circuit A

Wednesday: Female Titan Calisthenics and Endurance B

Thursday: Survey Corps Circuit B

Friday: Female Titan Calisthenics and Endurance C

Saturday: Optional Additional Training with Resources

Sunday: Rest Day

Annie Leonhart Workout Routine: Female Titan Calisthenics and Endurance A

Warm Up:

5-10 Minute Walk/Jog

Workout:

Side Lunges

3×20

Sit Ups

3×20

Explosive Knee Push Ups

3×20

Plank to Push Ups

3×10

Chin Ups

3×5-10

Endurance Work:

Complete 15-30 Minute of ANY of the following:

- Treadmill Run
- Bike
- Row
- Swim

Annie Leonhart Workout Routine: Survey Corps Circuit A

Warm Up:

25 Jumping Jacks

25 High Knees

25 Butt Kicks

Circuit: Complete 3 Rounds

30 Jumping Jacks

20 Knee Tucks

30 Jumping Jacks

10 Half Burpees

30 Jumping Jacks

20 Alternating Pistol Squats

30 Jumping Jacks

10 Box Jumps

30 Jumping Jacks

Annie Leonhart Workout Routine: Female Titan Calisthenics and Endurance B

Warm Up:

5-10 Minute Walk/Jog

Workout:

Glute Bridges

3×20

Lying Leg Raises

3×20

Close to Wide Push Ups

3×20

Planking Knee to Elbows

3×10

Inch Worm to Push Ups

3×5-10

Endurance Work:

Complete 15-30 Minute of ANY of the following:

- Treadmill Run
- Bike
- Row
- Swim

Annie Leonhart Workout Routine: Survey Corps Circuit B

Warm Up:

25 Jumping Jacks

25 High Knees

25 Butt Kicks

Circuit: Complete 1 Round

1 Mile Run

50 Air Squats

40 Push Ups

30 Burpees

20 Dips

10 Pull Ups

Annie Leonhart Workout Routine: Female Titan Calisthenics and Endurance C

Warm Up:

5-10 Minute Walk/Jog

Workout:

Wide to Close Air Squats

3×20

Russian Twists

3×20

Push Ups

3×20

Dips

3×10

Wall Climbs

3×5-10

Endurance Work:

Complete 15-30 Minute of ANY of the following:

- Treadmill Run
- Bike
- Row
- Swim

Annie Leonhart Workout Routine: Optional Additional Training Resources

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 \(Workout Included\)](#)

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](#)