

# ARMIN WORKOUT ROUTINE



Bonus PDF File  
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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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# ARMIN WORKOUT ROUTINE

## Training Volume:

3-5 days per week

## Explanation:

This one is going to be beginner oriented. So while we're still sticking to calisthenics training and wanting to train around Survey Corps style training, we're going to be doing it in a way that is friendly to beginners.

## 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.

## Armin Workout Routine: Sample Schedule

**Monday:** Survey Corps Beginner Calisthenics A

**Tuesday:** Beginner Endurance Training

**Wednesday:** Survey Corps Beginner Calisthenics B

**Thursday:** Beginner Endurance Training

**Friday:** Survey Corps Beginner Calisthenics C

**Saturday:** Optional Bonus Training Day

**Sunday:** Rest Day

## **Armin Workout Routine: Survey Corps Beginner Calisthenics A**

### **Warm Up:**

5-10 Minute Walk/Jog

### **Workout:**

Air Squats

3×20

Push Ups (Scale to Knee Push Ups)

3×20

Sit Ups

3×15

Dips (Scale with Chair)

3×10

Pull Ups (Scale to Plank Push Ups)

3×5-10

## **Armin Workout Routine: Beginner 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 \(Workout Included\)](#)

## **Armin Workout Routine: Survey Corps Beginner Calisthenics**

**B**

**Warm Up:**

5-10 Minute Walk/Jog

## **Workout:**

Glute Bridges

3×20

Decline Push Ups (Scale to Knee Push Ups)

3×20

Lying Leg Raises

3×15

Plank to Push Ups

3×10

Wide Pull Ups (Scale to Plank Push Ups)

3×5-10

## **Armin Workout Routine: Beginner Endurance Training**

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## Endurance Work Resources:

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## Armin Workout Routine: Survey Corps Beginner Calisthenics C

### Warm Up:

5-10 Minute Walk/Jog

### Workout:

Lunges

3×20 total

Wide to Close Ups (Scale to Knee Push Ups)

3×20

V-Ups

3×15

Tricep Extensions

3×10

Chin Ups (Scale to Plank Push Ups)

3×5-10

## **Armin 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](#)