

AVATAR ROKU 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.

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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AVATAR ROKU WORKOUT ROUTINE

Training Volume:

4-6 days per week

Explanation:

You have 4 days of routines to follow, and then 1-2 days of long distance cardio (this should be done at a steady and comfortable pace).

Among these 5-6 days you will be fitting in your ab routine for 3 Days.

Extra Information (For Scaling):

This routine can be made harder by wearing a weighted vest.

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.

Avatar Roku Calisthenics Workout Routine: Sample Schedule

Monday: Avatar Calisthenics Arm Training

Tuesday: Avatar Calisthenics Legs and Ab Training

Wednesday: Fire Nation Endurance Training

Thursday: Avatar Calisthenics Chest Training

Friday: Avatar Calisthenics Back and Abs Training

Saturday: Fire Nation Endurance Training

Sunday: Rest Day

Avatar Roku Calisthenics Workout: Avatar Calisthenics Arm Training

Warm Up:

800-1600m Run

Workout:

Chin Ups

3×10

Bench Dips

3×15

Wide Grip Chin Ups

3×10

Dips

3×15

Close Grip Chin Ups

3×10

Finisher:

15-30 Minutes of HIIT Cardio

HIIT Resources:

- [HIIT Training Options](#)
- [Jump Rope Workouts](#)

Avatar Roku Calisthenics Workout: Avatar Calisthenics Legs and Ab Training

Lunges

3×20 (10 each leg)

Pistol Squats

3×10 (5 each leg)

Air Squats

3×15

Jump Squats

3×10

Side Lunges

3×20

Finisher:

10 Minutes of HIIT Cardio

HIIT Resources:

- [HIIT Training Options](#)
- [Jump Rope Workouts](#)

Toes to Bar (or Knees to Elbow)

3×25

Short Circuit: 3 Sets

(Try not to touch your feet to the floor until you finish each set)

- 20 Lying Leg Lifts
- 20 Scissor Kicks

- 20 Second Hollow Rock

3×25 Sit Ups

Weighted Plank Holds

3×60 Seconds

Example:

- Set One: Free Weight
- Set Two: 45 Lbs
- Set Three: 70 lbs

Avatar Roku Calisthenics Workout: Fire Nation Endurance Training

Another portion of this routine is extra endurance training to burn fat and build your stamina.

For that reason you're going to be running based on your fitness level:

Beginner: 1-3 miles

Intermediate: 3-5 miles

Advanced: 5+ miles

You can also use some of our celeb and character endurance workouts to step it up a notch if you want.

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](#)

Avatar Roku Calisthenics Workout: Avatar Calisthenics Chest Training

Warm Up:

800-1600m Run

Workout:

Regular Push Ups

3×20

Diamond Push Ups

3×10

Handstand or Pike Push Ups

3×15

Ring or Bar Dips

3×10

Decline Push Ups

3×10

Finisher:

15-30 Minutes of HIIT Cardio

HIIT Resources:

- [HIIT Training Options](#)
- [Jump Rope Workouts](#)

Avatar Roku Calisthenics Workout: Avatar Calisthenics Back and Abs Training

Standard Pull Ups

3×25

Wide Grip Pull Ups

3×10

Wide Grip Push Ups

3×15

Wide Grip Pull Ups Behind The Head

3×10

Close to Wide Push Ups

3×20

Finisher:

15-30 Minutes of HIIT Cardio

HIIT Resources:

- [HIIT Training Options](#)
- [Jump Rope Workouts](#)

Ab Training:

Toes to Bar (or Knees to Elbow)

3×25

Short Circuit: 3 Sets

(Try not to touch your feet to the floor until you finish each set)

- 20 Lying Leg Lifts
- 20 Scissor Kicks

- 20 Second Hollow Rock

3×25 Sit Ups

Weighted Plank Holds

3×60 Seconds

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- Set One: Free Weight
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Avatar Roku Calisthenics 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](#)