

# SASHA BLOUSE WORKOUT ROUTINE



Bonus PDF File  
**By: Mike Romaine**

## **Copyright Notice**

No part of this report may be reproduced or transmitted in any form whatsoever, electronic, or mechanical, including photocopying, recording, or by any informational storage or retrieval system without expressed written, dated and signed permission from the author. All copyrights are reserved.

## **Disclaimer and/or Legal Notices**

The information provided in this book is for educational purposes only. I am not a doctor and this is not meant to be taken as medical advice.

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.

This product is for informational purposes only and the author does not accept any responsibilities for any liabilities or damages, real or perceived, resulting from the use of this information.

# SASHA BLOUSE WORKOUT ROUTINE

## Training Volume:

3-5 days per week

## Explanation:

As we've been working with some of our bodyweight and calisthenics routines we're going to be having three days of mandatory training and then two days that should be devoted to endurance and/or HIIT training.

## 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.

## Sasha Blouse Workout Routine: Sample Schedule

**Monday:** Survey Corps Upper Body Calisthenics, Core and Full Body Finisher

**Tuesday:** Endurance Training and/or HIIT

**Wednesday:** Survey Corps Full Body Calisthenics, Core and Full Body Finisher

**Thursday:** Endurance Training and/or HIIT

**Friday:** Survey Corps Lower Body Calisthenics, Core and Full Body Finisher

**Saturday:** Optional Bonus Training Day

**Sunday:** Rest Day

## **Sasha Blouse Workout Routine: Survey Corps Upper Body Calisthenics, Core and Full Body Finisher**

### **Warm Up:**

400-800M Run

### **Superset One:**

A. Decline Push Ups

3×20

B. Inch Worms

3×10

### **Superset Two:**

A. Dips

3×20

B. Planking Shoulder Taps

3×30

**Superset Three:**

A. Sit Ups with Twist

3×30

B. Mountain Climbers

3×20

**Full Body Finisher: 3 Rounds – Descending Reps each Round (20-15-10)**

Box Jumps

Pull Ups

**Sasha Blouse Workout Routine: Extra Optional HIIT and or Endurance Training**

**For your endurance or HIIT days you have quite a few options.**

You can utilize enforced endurance training that I will program for you based on your fitness level like we do with other workouts here at SHJ...OR you can do 45-60+ minutes of varied cardio (bike, treadmill, elliptical, stairs, row, swim, etc.)...OR you can even use the HIIT resources I'll provide.

*I'll break it down in that order:*

### **Option One – 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 \(Workout Included\)](#)

### **Option Two – Varied Cardio for 45-60 Minutes:**

Split your cardio up however you'd like but complete 45-60+ minutes using:

- Treadmill Walk/Run
- Rower Machine
- StairMaster
- Elliptical
- Swim
- Bike

### **Option Three – Complete HIIT Training Using SHJ Resources:**

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

## **Sasha Blouse Workout Routine: Survey Corps Full Body Calisthenics, Core and Full Body Finisher**

### **Warm Up:**

400-800M Run

### **Superset One:**

A. Jump Squats

3×20

B. Explosive Push Ups

3×Failure

### **Superset Two:**

A. Lunges

3×20

B. Plank to Push Ups

3×20

### **Superset Three:**

A. V-Ups

3×20

B. L-Sit Hold

3×30 Seconds

### **Full Body Finisher: 3 Rounds – Descending Reps each Round (20-15-10)**

Pike Push Ups

Alternating Pistol Squats

## **Sasha Blouse Workout Routine: Extra Optional HIIT and or Endurance Training**

**For your endurance or HIIT days you have quite a few options.**

You can utilize enforced endurance training that I will program for you based on your fitness level like we do with other workouts here at SHJ...OR you can do 45-60+ minutes of varied cardio (bike, treadmill, elliptical, stairs, row, swim, etc.)...OR you can even use the HIIT resources I'll provide.

*I'll break it down in that order:*

### **Option One – 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 \(Workout Included\)](#)

**Option Two – Varied Cardio for 45-60 Minutes:**

Split your cardio up however you'd like but complete 45-60+ minutes using:

- Treadmill Walk/Run
- Rower Machine
- StairMaster
- Elliptical
- Swim
- Bike

**Option Three – Complete HIIT Training Using SHJ Resources:**

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

# **Sasha Blouse Workout Routine: Survey Corps Lower Body Calisthenics, Core and Full Body Finisher**

## **Warm Up:**

400-800M Run

## **Superset One:**

A. Close to Wide Squats

3×20

B. Alternating Donkey Kicks

3×10 each leg

## **Superset Two:**

A. Glute Bridges

3×20

B. Double Unders

3×30

## **Superset Three:**

A. Lying Leg Raises

3×30

B. Flutter Kicks

3×50

**Full Body Finisher: 3 Rounds – Descending Reps each Round (20-15-10)**

Burpees

Handstand Push Ups

## **Sasha Blouse 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](#)
- [Moon Knight Workout Routine](#)

- [Sangat Workout Routine](#)