

YELENA BELOVA 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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YELENA BELOVA WORKOUT ROUTINE

Training Volume:

5 days per week

Explanation:

We're going to have 3 super intense calisthenics training days built around short circuits, a longer circuit devoted to endurance and calisthenics mix and a final day devoted entirely to endurance 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.

Yelena Belova Workout: Sample Workout Schedule

Monday: Full Body Calisthenics and Circuit A

Tuesday: Black Widow Endurance Training

Wednesday: Full Body Calisthenics and Circuit B

Thursday: Assassin Big Circuit Training

Friday: Full Body Calisthenics and Circuit C

Saturday: Active Off Day

Sunday: Rest Day

Yelena Belova Workout: Full Body Calisthenics and Circuit A

Warm Up:

Run 10 Minutes

Workout:

Hollow Hold

3×30 Seconds

Knee Tucks

3×25

Wide to Close Squats

3×20

Decline Push Ups

3×15

Tricep Extensions

3×12

Chin Ups

3×10

Circuit: 3 Rounds

20 Box Jumps

20 Mountain Climbers

15 Box Jumps

15 Mountain Climbers

10 Box Jumps

10 Mountain Climbers

Yelena Belova Workout: Black Widow 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 \(Workout Included\)](#)

Yelena Belova Workout: Full Body Calisthenics and Circuit B

Warm Up:

Run 10 Minutes

Workout:

L-Sit Hold

3×30 Seconds

Lying Leg Raises

3×25

Alternating Pistol Squats

3×20

Close to Wide Push Ups

3×16

Dips

3×12

Pull Ups

3×10

Circuit: 3 Rounds

20 Double Unders

20 Half Burpees

15 Double Unders

15 Half Burpees

10 Double Unders

10 Half Burpees

Yelena Belova Workout: Assassin Big Circuit Training

Warm Up:

25 Jumping Jacks

25 High Knees

25 Butt Kicks

Workout: Complete 4 Rounds

Run 400M

20 Squats

15 Push Ups

12 Dips

10 Pull Ups

Yelena Belova Workout: Full Body Calisthenics and Circuit C

Warm Up:

Run 10 Minutes

Workout:

Superman Hold

3×30 Seconds

Sit Ups

3×25

Glute Bridges

3×20

Regular Push Ups

3×15

Plank to Push Ups

3×12

Wide Pull Ups

3×10

Circuit: 3 Rounds

20 Burpees

20 Inch Worms

15 Burpees

15 Inch Worms

10 Burpees

10 Inch Worms

Yelena Belova 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](#)