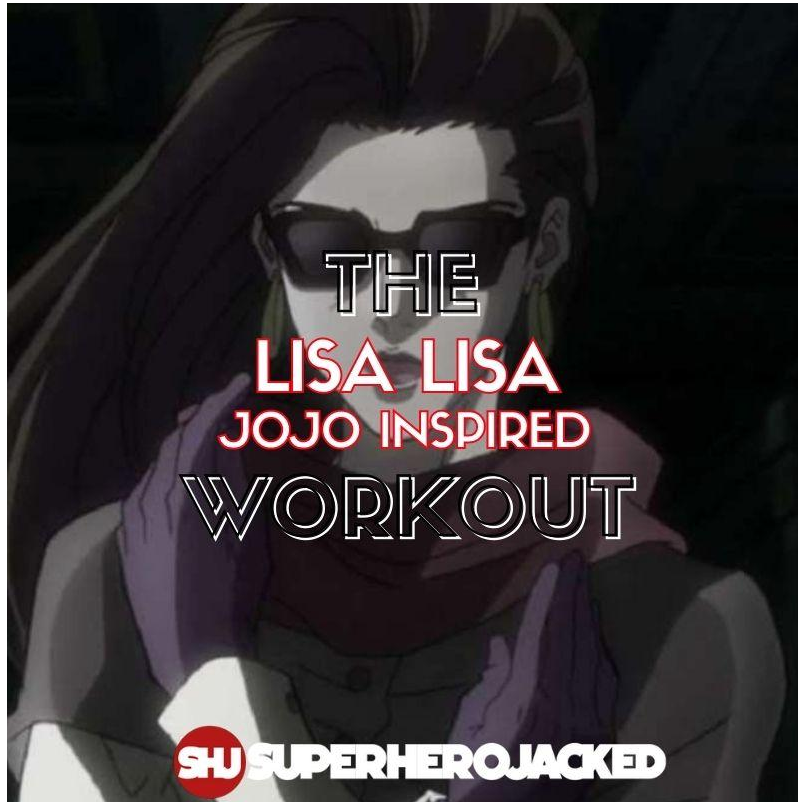


# LISA LISA WORKOUT ROUTINE



Bonus PDF File  
**By: Mike Romaine**

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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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# LISA LISA WORKOUT ROUTINE

## Training Volume:

3-5 days per week

## Explanation:

We're going to be training with 3 days of calisthenics and circuits and then 2 days will be devoted to either endurance work or some HIIT if you choose to mix it up. Your calisthenics will work full body each day and then the circuit will finish with some endurance and mix-up training at the end of each session.

## 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.

## Lisa Lisa Workout Routine: Sample Workout Schedule

**Monday:** Ripple Calisthenics A

**Tuesday:** Snake Muffler Endurance Work

**Wednesday:** Ripple Calisthenics B

**Thursday:** Snake Muffler Endurance Work

**Friday:** Ripple Calisthenics C

**Saturday:** Active Rest Day

**Sunday:** Mandatory Rest Day

## **Lisa Lisa Workout Routine: Ripple Calisthenics A**

### **Warm Up:**

10-15 Minute Walk

### **Workout:**

Glute Bridges

3×30

Push Ups

3×25

Sit Ups

3×20

Plank to Push Ups

3×15

Chin Ups

3×10

### **Mini Circuit: Complete 2 Rounds**

30 Jumping Jacks

20 Planking Shoulder Taps

30 Mountain Climbers

20 Half Burpees

### **Lisa Lisa Workout Routine: Snake Muffler Endurance Work**

**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](#)

**Lisa Lisa Workout Routine: Ripple Calisthenics B**

**Warm Up:**

10-15 Minute Walk

**Workout:**

Lunges

3×30

Close to Wide Push Ups

3×25

Lying Leg Raises

3×20

Chair Dips

3×15

Wide Pull Ups

3×10

**Mini Circuit: Complete 3 Rounds**

20 Sit Ups

30 Second Hollow Hold

20 Knee Tucks

30 Second Superman Hold

## **Lisa Lisa Workout Routine: Snake Muffler Endurance Work**

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

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## **Lisa Lisa Workout Routine: Ripple Calisthenics C**

**Warm Up:**

10-15 Minute Walk

**Workout:**

Wide to Close Air Squats

3×30

Decline Push Ups

3×25

V-Ups

3×20

Skull Crushers (Calisthenics)

3×15

Pull Ups

3×10

**Mini Circuit: Complete 2 Rounds**

400M Run

20 Push Ups

15 Second L-Sit Hold

10 Pike Push Ups

**Lisa Lisa 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](#)
- [Sagat Workout Routine](#)