

# ACNOLOGIA WORKOUT ROUTINE



Bonus PDF File  
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# ACNOLOGIA WORKOUT ROUTINE

## Training Volume:

5 days per week

## Explanation:

We're going to be training with 3 days of weight training that revolve around a PPL (Push, Pull, Leg Split) and then we'll also have a full body circuit training day and a final day devoted to some extra endurance work that can be turned into some bonus HIIT training if you prefer.

## 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.

## Acnologia Workout Routine: Sample Schedule

**Monday:** Dragon King Push and Calisthenics

**Tuesday:** Doctor Acnologia Circuit Test

**Wednesday:** Dragon King Pull and Calisthenics

**Thursday:** Mage Endurance Work or HIIT Sub

**Friday:** Dragon King Legs and Calisthenics

**Saturday:** Rest or Optional Additional Work

**Sunday:** Rest Day

## **Acnologia Workout Routine: Dragon King Push and Calisthenics**

### **Warm Up:**

5-15 Minute Incline Walk

### **Workout:**

Incline Dumbbell Bench Press

3×12, 10, 8

Overhead Press

3×12, 10, 8

Tricep Cable Pushdowns

3×10

Dips

3×10

Explosive Push Ups

3×20

Kettlebell Swings

3×15

## **Acnologia Workout Routine: Doctor Acnologia Circuit Test**

### **Warm Up:**

5 Minute Walk/Jog

25 Jumping Jacks

25 High Knees

25 Butt Kicks

### **Workout: Complete 4 Rounds**

400M Run

30 Mountain Climbers

25 KB Deadlifts

20 Upright Rows

15 Decline Push Ups

10 Half Burpee Box Jumps

## **Acnologia Workout Routine: Dragon King Pull and Calisthenics**

**Warm Up:**

5-15 Minute Incline Walk

**Workout:**

Wide Grip Cable Rows

3×12, 10, 8

Close Grip Pulldowns

3×12, 10, 8

Cable Curls

3×10

Chin Ups

3×10

Close to Wide Push Ups

3×20

Lateral Raises

3×12

**Acnologia Workout Routine: Mage Endurance Work or HIIT  
Sub**

**For your endurance, HIIT or MMA/Parkour 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](#)

## **Acnologia Workout Routine: Dragon King Leg and Calisthenics**

**Warm Up:**

5-15 Minute Incline Walk

**Workout:**

Back Squats

3×12, 10, 8

Leg Press

3×12, 10, 8

Hamstring Curls

3×10

Quad Extensions

3×10



Cable Crunches

3×20

Hanging Leg Raises

3×20

## **Acnologia 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](#)