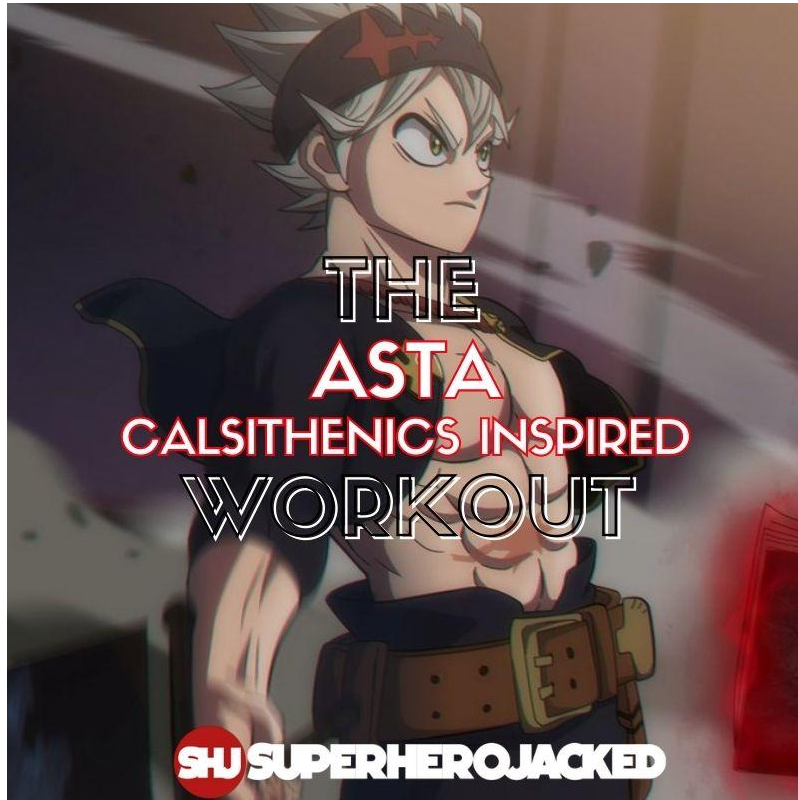


# ASTA CALISTHENICS WORKOUT ROUTINE



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.

# ASTA CALISTHENICS WORKOUT ROUTINE

## Training Volume:

4 days per week of calisthenics, 1 day of endurance work and 1 day for Magic Knight Circuit Test

## Explanation:

We're training to unlock the physique and power level of an extremely powerful character. Not to mention the fact that, as I mentioned above, Asta is one of the most motivated characters in all of anime. He'll never give up. We will be taking that into account when building this routine so don't be afraid to scale down and slowly work your way into the full regime.

## 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.

## Asta Calisthenics Workout Routine: Sample Workout Schedule

**Monday:** Upper Body Focused Calisthenics Work and Core

**Tuesday:** Full Body Calisthenics Work and HIIT

**Wednesday:** Magic Knight Circuit Test

**Thursday:** Lower Body Focused Calisthenics Work and Core

**Friday:** Full Body Calisthenics Work and HIIT

**Saturday:** Active Rest Day or Black Bulls Endurance Work

**Sunday:** Rest Day

## **Asta Calisthenics Workout Routine: Upper Body Focused Calisthenics Work**

### **Warm Up:**

Jog 400-800M

### **Initial Work:**

*Your starting work is scalable but as the weeks go by it's your responsibility to increase the volume/rep count using progressive overload like we teach within our [Workout Enhancement Tool](#).*

Regular Push Ups (Can Scale on Knees)

4×25

Skull Crushers (Calisthenics)

4×20

Wide to Close Push Ups (Can Scale on Knees)

4×20

Dips (Can Scale using Chair)

4×20

Pull Ups (Can Scale to Pikes)

4×10

**Fatigue Blowout:**

*Complete 3 Rounds Super-Set Style*

- Push Ups to Failure
- Dips to Failure
- Pike Push Ups to Failure

**Core Work:**

Forearm Plank

3×60 Seconds

V-Ups

3×30

Leg Raises (Lying or Hanging)

3×25

L-Sit Hold

3×15 Seconds

# Asta Calisthenics Workout Routine: Full Body Focused Calisthenics Work and HIIT

## Warm Up:

Jog 400-800M

## Initial Work:

*Your starting work is scalable but as the weeks go by it's your responsibility to increase the volume/rep count using progressive overload like we teach within our [Workout Enhancement Tool](#).*

Explosive Push Ups

5×30

Jump Squats

5×20

Dips

5×15

Chin Ups

5×10

## HIIT Endurance Work:

Instead of a finisher and core on your full body focused days you're going to work on shredding some extra fat to show off the abs you're building on other days. For this you're more than welcome to switch it up and do 20, 30 or even 60 minutes of HIIT, but I recommend choosing from our favorite HIIT workouts:

- [The Best HIIT Workouts](#)

- [Jump Rope Workout Database](#)
- [Academy Members](#): Insert a Benchmark Hero Workout (Circuit) or SHJ Core Circuit Test

## **Asta Calisthenics Workout Routine: Magic Knight Circuit Test**

In a perfect world our [Academy](#) members or [90 Day System](#) members will use this day to work in our Benchmark Workouts to continue testing and improving scores and tracking them against other members; especially our SHJ Core Benchmarks (although our Hero Benchmarks are just as awesome).

If you are not an Academy member or you don't have access to a 90 Day System, you can also sub in different circuits here from some of the HIIT resources I provide.

*(Another note: You should continue coming back and re-trying to workout every so often to see how much you can improve your score!)*

### **Magic Knight Circuit Test: Complete 2 Rounds for Time**

800M Run

25 Pull Ups

50 Air Squats

50 Push Ups

50 Sit Ups

50 Dips

50 Lying Leg Raises

25 Pull Ups

*Rest 1-5 minutes as needed.*

## **Asta Calisthenics Workout Routine: Lower Body Focused Calisthenics Work**

### **Warm Up:**

Jog 400m

### **Initial Work:**

*Your starting work is scalable but as the weeks go by it's your responsibility to increase the volume/rep count using progressive overload like we teach within our [Workout Enhancement Tool](#).*

Air Squats (Can Scale Using Chair)

4×25

Glute Bridges

4×20

Bulgarian Split Squats

4×20 each leg

Alternating Pistol Squats (Scale Using Chair)

4×20 total

Box Jumps

4×10



## **Fatigue Blowout:**

*Complete 3 Rounds Super-Set Style*

- Pause Squats to Failure
- Wall Sit to Failure
- Lying Leg Raises to Failure

## **Core Work:**

Forearm Plank

3×60 Seconds

Sit Ups

3×30

Russian Twists

3×25

Hollow Hold

3×15 Seconds

## **Asta Calisthenics Workout Routine: Full Body Focused Calisthenics Work and HIIT**

### **Warm Up:**

Jog 400-800M

## **Initial Work:**

*Your starting work is scalable but as the weeks go by it's your responsibility to increase the volume/rep count using progressive overload like we teach within our [Workout Enhancement Tool](#).*

Explosive Push Ups

5×30

Jump Squats

5×20

Dips

5×15

Chin Ups

5×10

## **HIIT Endurance Work:**

Instead of a finisher and core on your full body focused days you're going to work on shredding some extra fat to show off the abs you're building on other days. For this you're more than welcome to switch it up and do 20, 30 or even 60 minutes of HIIT, but I recommend choosing from our favorite HIIT workouts:

- [The Best HIIT Workouts](#)
- [Jump Rope Workout Database](#)
- [Academy Members](#): Insert a Benchmark Hero Workout (Circuit) or SHJ Core Circuit Test

# Asta Calisthenics Workout Routine: Black Bulls Endurance Training

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

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

- [The Best HIIT Workouts](#)
- [Jump Rope Workout Database](#)
- [Academy Members:](#) Insert a Benchmark Hero Workout (Circuit) or SHJ Core Circuit Test

## **Asta 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](#)

- [Moon Knight Workout Routine](#)
- [Sagat Workout Routine](#)