

# AHSOKA TANO WORKOUT ROUTINE



Bonus PDF File  
By: Mike Romaine

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# AHSOKA TANO WORKOUT ROUTINE

## Training Volume:

3-6 days per week

## Explanation:

I'm going to be sharing the daily Jedi training with you inside your schedule.

That is Master Yoda's daily schedule. I will also be programming you a workout specifically for Ahsoka Tano, but considering Master Yoda's daily training regime also includes calisthenics and jedi/lightsaber training, this one will consist of high intensity circuits to find us that intensity and endurance we need.

## Ahsoka Tano Workout Routine: Sample Weekly Schedule

*Feel free to just utilize the circuits provided, but do keep in mind that the basis of this workout becoming a Jedi themed workout is the fact that we're including the Yoda themed training schedule.*

**Monday:** 400-1600m jog (depending on fitness level) and Circuit Training A

**Tuesday:** [Yoda and Jedi Training](#)

**Wednesday:** 400-1600m jog (depending on fitness level) Circuit Training B

**Thursday:** [Yoda and Jedi Training](#)

**Friday:** 400-1600m jog (depending on fitness level) Circuit Training C

**Saturday:** [Yoda and Jedi Training](#)

**Sunday:** Meditation and Off Day

## **Ahsoka Tano Workout Routine: Circuit Training for Intensity**

### **Circuit A:**

- For Time
- 100 Pull-Ups
- 100 Push-Ups
- 100 Sit-Ups
- 100 Air Squats

### **Circuit B:**

- 5 Rounds For Time
- 20 Pull-Ups
- 30 Push-Ups
- 40 Sit-Ups
- 50 Air Squats
- 3 Minutes Rest

### **Circuit C:**

- EMOM in 30 minutes
- 5 Pull-Ups
- 10 Push-Ups
- 15 Air Squats

## **Ahsoka Tano Workout Routine: Bonus Alternative to Master Yoda Training**

If you're not going to be utilizing Master Yoda's training schedule you will be missing out on calisthenics work, yoga, and meditation.

*Even if you scale down, consider adding in 2-15 minutes of meditation per day (even on the circuit training days), and some calisthenics.*

### **Here's a very simple, and scaled, body-weight workout:**

Knee Ups or Push Ups

5×10-15

Donkey Kicks

5×10 each leg

Glute Bridges

5×10

Burpees

5×5

Forearm Planks

5×60 seconds

Lying Leg Raises

5×20

Sit Ups

5×10