

# ASSASSIN'S CREED®

## W O R K O U T C H A L L E N G E

Welcome to the Assassin's Creed Workout Challenge! Train for five weeks like the legendary heroes of the franchise, building strength, agility, and endurance along the way. Don't forget to join the community and stay updated with tips from our partner coach, Bioneer, on our official TikTok (@assassinscreed).

### WEEK ONE ASSASSIN TRAINING

ASSASSIN'S  
CREED

#### WARM UP

Jump Rope 10 Minutes

Dynamic Stretching

#### EXERCISES

Tactical Pull Up

#### SETS

3

#### REPS

3

Bear Crawl

3

20 Seconds

Squat Jump

3

6

Lunge

3

10

Mobility Cool Down

### WEEK TWO PIRATE TRAINING

ASSASSIN'S  
CREED IV  
BLACK FLAG

#### WARM UP

Jump Rope 10 Minutes

Dynamic Stretching

#### EXERCISES

Tactical Pull Up

#### SETS

3

#### REPS

4-6

Push Ups

3

8

Bodyweight Row

3

5

Bear Crawl

3

30 Seconds

Goblet Squat

3

6

Multi-direction Lunge

3

5

Mobility Cool Down

If you know or are aware of a medical condition that might interfere with you participating safely, please consult a medical professional in advance. Participants assume full responsibility for any and all injuries, losses and damages that happen when participating.



# ASSASSIN'S CREED

## WORKOUT CHALLENGE

### WEEK THREE SPARTAN TRAINING

ASSASSIN'S  
CREED  
ODYSSEY

#### WARM UP

Jump Rope 10 Minutes

Dynamic Stretching

#### EXERCISES

	SETS	REPS
Tactical Pull Up	3	3
Burpees	3	5
Bodyweight Row	3	5
Bear Crawls	3	40 Seconds
Goblet Squat Jump	3	6
Lunge Walk	3	10
Tuck Ups	3	5

Mobility Cool Down

### WEEK FOUR VIKING TRAINING

ASSASSIN'S  
CREED  
VALHALLA

#### WARM UP

Jump Rope 10 Minutes

Dynamic Stretching

#### EXERCISES

	SETS	REPS
Elevated Push Ups	3	5
Goblet Curls	3	8
Weighted Bear Crawl	3	30 Seconds
Goblet Squat Jump	3	5
Weighted Lunges	3	8
Bicycle Crunches	3	10

Mobility Cool Down

### WEEK FIVE SHINOBI & SAMURAI TRAINING

ASSASSIN'S  
CREED  
SHADOWS

#### WARM UP

Jump Rope 10 Minutes

Dynamic Stretching

#### EXERCISES

	SETS	REPS
Tactical Pull Up	3	8
Explosive Push Up	3	8
Lizard Crawl	3	30 Seconds
Precision Broad Jump	3	6
Squat Walk	3	20 Seconds
Hollow Body Hold	3	20 Seconds

Mobility Cool Down

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