

The Spider-Man Workout Routine



Bonus PDF File
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Spider-Man Workout Routine

Training Volume:

4-6 days per week

Explanation:

We're talking about Spider-Man here. This routine is pretty brutal. BUT, it's effective and will leave you sore and wanting more. There are 4 days of programmed training, and the other 1-2 days can be added as activity or mixed martial arts training. All heroes should know how to defend themselves.

What you need to know:

A Superset means you're performing those movements back to back. If a movement is part of "Superset 1" it's part of the grouping of movements in that superset and you perform them back to back and then proceed to break and do another set [of those movements] after.

HIIT stands for High Intensity Interval Training. Do one minute ON (sprint 6-10mph) and one minute OFF (walk 2.5-3.3mph) for 25 minutes. That means you go back and forth every minute for the duration. On, off, on, off, etc.

When lifting your initial lifts/compounds (especially), you should be using [pyramid training](#).

Day 1: HIIT and Cleans

-10 min HIIT sprints treadmill

-3X1 min incline sprint-super set 1

-3X1 min battle ropes slams – super set 1

-Clean: 15, 12, 10, 8, 5

-Ball slams: 3X20-super set 2

-Spider man push up: 3X20-super set 2

-Dips-3Xfailure-super set 2

-BOSU ball squats-3X10

-Pistol squats-3X10 (each)

-Burpees: 3X10-super set 3

-Floor Wipers: 3X20-super set 3

-Tuck Jumps: 3X10-super set 4

-Box jumps: 3X10-super set 4

-Side to Side hops: 3X20-super set 5

-Front to Back hops: 3X20-super set 5

-Heavy Bag: 5 min

Day 2: HIIT and Deadlifts

-10 min HIIT sprints treadmill

-3X1 min incline sprint-super set 1

-3X1 min battle ropes slams – super set 1

-Deadlifts: 15, 12, 10, 8, 5

-Ball slams: 3X20-super set 2

-Spider man push up: 3X20-super set 2

-Pull ups: 3Xfailure-super set 2

-Bulgarian Split Squats: 3X10

-Pistol Squats: 3X10 (each)

-Burpees: 3X10-super set 3

-Hanging leg raises: 3X20-super set 3

-Tuck Jumps: 3X10-super set 4

-Box jumps: 3X10-super set 4

-Side to Side hops: 3X20-super set 5

-Front to Back hops: 3X20-super set 5

-Heavy Bag: 5 min

Day 3: HIIT and Squats

-10 min HIIT sprints treadmill

-3X1 min incline sprint-super set 1

-3X1 min battle ropes slams – super set 1

-Squats: 15, 12, 10, 8, 5

-Ball slams: 3X20-super set 2

-Spider man push up: 3X20-super set 2

-Chin ups: 3Xfailure-super set 2

-BOSU ball squats-3X10

-Pistol squats-3X10 (each)

-Burpees: 3X10-super set 3

-V-ups: 3X20-super set 3

-Tuck Jumps: 3X10-super set 4

-Box jumps: 3X10-super set 4

-Side to Side hops: 3X20-super set 5

-Front to Back hops: 3X20-super set 5

-Heavy Bag: 5 min

Day 4: HIIT and Press

-10 min HIIT sprints treadmill

-3X1 min incline sprint-super set 1

-3X1 min battle ropes slams – super set 1

-Clean and Press: 15, 12, 10, 8, 5

-Ball slams: 3X20-super set 2

-Spider man push up: 3X20-super set 2

-Hanging Rows: 3Xfailure-super set 2

-Bulgarian Split Squats: 3X10

-Pistol Squats: 3X10 (each)

-Burpees: 3X10-super set 3

-Crunches: 3X50-super set 3

-Tuck Jumps: 3X10-super set 4

-Box jumps: 3X10-super set 4

-Side to Side hops: 3X20-super set 5

-Front to Back hops: 3X20-super set 5

-Heavy Bag: 5 min

Bonus 1-2 Days: Activity, Parkour and MMA

All heroes should know how to defend themselves.

Just ask MMA Coach Derek in [The Academy](#).

Add in an extra day or two of MMA style training to take your inner Superhero unleashing to a new level.

Please also keep this in mind:

PARKOUR & FREE RUNNING (look up these movements and perform them on these days)

Frog Landings

Vaults

Cat leap

Tic Tac