

CATWOMAN

WORKOUT ROUTINE



BONUS PDF FILE

By: Mike Romaine

 **SUPERHERO**  **JACKED** 

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The advice and tips given in this course are meant for healthy adults only. You should consult your physician to insure the tips given in this course are appropriate for your individual circumstances.

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Catwoman Workout Routine

Training Volume:

3-5 days per week

Explanation:

I'm going to give you 3 days of calisthenics training that can be utilized even more if you'd like – and also 2 days of mandatory activity or MMA training.

Day One: Calisthenics and Circuit

Warm Up:

Stretch

30 min varied cardio (Treadmill/Elliptical/Bike)

Workout:

Pull Ups

3×10

Dips

3×15

Push Ups

3×20

Air Squats

3×25

Circuit:

3 Rounds for Time

5 Pistol Squats each Leg

10 Plank to Push Ups

15 Box Jumps

10 Jumping Lunges

5 Burpees

Day Two: Activity 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.

I would specifically also look at [Daredevil](#), [Moon Knight](#) and [Deathstroke](#) for more programming from Coach Derek.

Day Three: Calisthenics and Circuit

Warm Up:

Stretch

30 min varied cardio (Treadmill/Elliptical/Bike)

Workout:

Pull Ups

3×10

Dips

3×15

Push Ups

3×20

Air Squats

3×25

Circuit:

3 Rounds for Time

5 Plank to Push Ups

10 Wall Climbs

15 Mountain Climbers

10 Jump Squats

5 Plank to Push Ups

Day Four: Activity 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.

I would specifically also look at [Daredevil](#), [Moon Knight](#) and [Deathstroke](#) for more programming from Coach Derek.

Day Five: Calisthenics and Circuit

Warm Up:

Stretch

30 min varied cardio (Treadmill/Elliptical/Bike)

Workout:

Pull Ups

3×10

Dips

3×15

Push Ups

3×20

Air Squats

3×25

Circuit:

3 Rounds for Time

5 Burpees

10 Inch Worms

15 Jumping Lunges

10 Plank to Push Ups

5 Burpees