

# MOCKINGBIRD

## WORKOUT ROUTINE



**BONUS PDF FILE**

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 **SUPERHERO**  **JACKED** 

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# Mockingbird

## Workout Routine:

### Training Volume:

3-5+ days per week

### Explanation:

I'm going to be giving you a full body workout, a bodyweight/prison styled workout, and a day devoted to MMA and Parkour Training. These can be utilized 3 days per week or repeated upwards of 5+

## Full Body Workout

### Warm Up:

Stretch

Jog 1600m

### Workout:

Back Squats

4×12

Incline Dumbbell Press

3×10

Skull Crushers

3×10

Arnold Press

3×10

Dumbbell Curl Step Ups

3×10 each leg

Lateral Pulldowns

3×10

Cable Pull-throughs

3×10

# Bodyweight/Calisthenics Workout

75 Pull Ups

75 Hanging Leg Raises

100 Dips

100 Lunges

100 Sit Ups

150 Push Ups

150 Air Squats

\*\*These can be broken down into any number of sets/reps that are needed to complete the overall count.\*\*

## 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.

Also check out programs on the site from Coach Derek here: [Moon Knight](#), [Deathstroke](#), [Daredevil](#).

And, what I have not been able to recommend until this article:  
the **Parkour Workout**(Nightrunner) designed by **Academy** member  
Felix!