

CHAOL WESTFALL WORKOUT ROUTINE



BONUS PDF FILE

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 **SUPERHERO**  **JACKED** 

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Chaol Westfall Workout Routine

Training Volume:

5+ days per week

Explanation:

The majority of Chaol Westfall's training is going to be mixed martial arts, parkour, and endurance training. If you were REALLY Chaol you would likely pair the two together, but I will program you options for splitting them up and separate links for all types of training. He is also different than Celaena with his build and strength. For this I've added in a bodyweight workout for you to include for toning and strength.

Endurance Training Schedule

Warm Up:

Stretch

Schedule:

Monday: Rest or MMA

Tuesday: 2 miles plus Bodyweight/MMA

Wednesday: 3-4 miles, optional MMA

Thursday: 2 miles plus Bodyweight/MMA

Friday: Rest or MMA

Saturday: 2-3 miles plus Bodyweight/MMA

Sunday: 4-5+ miles

The Bodyweight Movements

Warm Up:

Stretch before both running and calisthenics

Workout:

This can be done as a circuit, a bunch of supersets, or individual sets.

100 Dips

100 Pull Ups

150 Sit Ups

150 Lunges

200 Push Ups

200 Air Squats

Mixed Martial Arts and Parkour Training Resources

All heroes should know how to defend themselves.

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

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

For some Thai Boxing fun check out [Anna Diop's](#) routine.

The [Parkour Workout](#) (Nightrunner) designed by [Academy](#) member Felix.

And the Daredevil workout also has some beginner Parkour as well.