MILES MORALES WORKOUT ROUTINE



BONUS POF FILE

By: Mike Romaine



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The information provided in this book is based upon my experiences as well as my interpretations of the current research available.

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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MILES MORALES WORKOUT ROUTINE

Training Volume:

5+ days per week

Explanation:

Spider-Man is someone who does it all. We're going to be working on parkour, mixed marital arts, and also strength gain. To do this I'll be giving you 3 days of strength training with weights (for strength and agility), and also programs for mixed martial arts and parkour to pair with this at least 2-3 days a week.

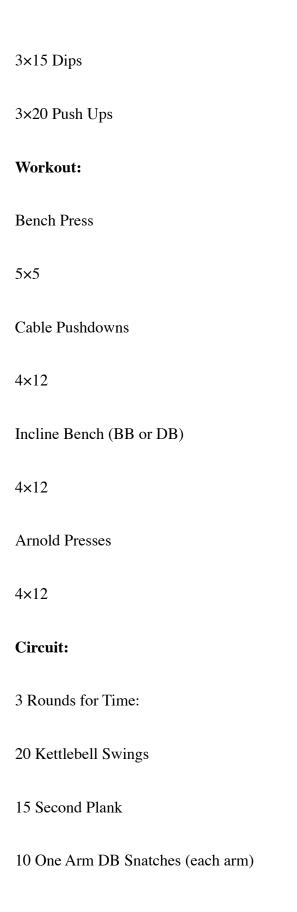
Miles Morales Spider-Man Workout Day One: Push Day and Agility Circuit

Warm Up:

Stretch

10-20 min jog or HIIT training

3×10 Pull Ups



Miles Morales Spider-Man Workout Day Two: MMA and Parkour

All heroes should know how to defend themselves.

And Spider-Man sure as hell would be able to do parkour.

The Parkour Workout (Nightrunner) designed by Academy member Felix also has bodyweight programming attached to it you should be utilizing on this day.

Check out MMA programs on the site from Coach Derek here: Moon Knight, Deathstroke, Daredevil.

For some Thai Boxing fun check out Anna Diop's routine.

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

Miles Morales Spider-Man Workout Day Three: Pull Day and Agility Circuit

Warm 1	Up:
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Stretch

10-20 min jog or HIIT training

3×10 Pull Ups

3×15 Dips
3×20 Push Ups
Workout:
Deadlift
5×5
Lateral Pulldowns
4×12
Cable Rows
4×12
Preacher Curls
4×12
Circuit:
3 Rounds for Time:
20 Plank to Push Ups
15 Mountain Climbers
10 Jump Squats

Miles Morales Spider-Man Workout Day Four: MMA and Parkour

All heroes should know how to defend themselves.

And Spider-Man sure as hell would be able to do parkour.

The Parkour Workout (Nightrunner) designed by Academy member Felix also has bodyweight programming attached to it you should be utilizing on this day.

Check out MMA programs on the site from Coach Derek here: Moon Knight, Deathstroke, Daredevil.

For some Thai Boxing fun check out Anna Diop's routine.

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

Miles Morales Spider-Man Workout Day Five: Pull Day and Agility Circuit

Warm	U	p	:
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Stretch

10-20 min jog or HIIT training

3×10 Pull Ups

3	3×15 Dips
3	3×20 Push Ups
•	Workout:
S	Squats
-	5×5
I	Hamstring Curls
4	4×12
I	Leg Extension
2	4×12
I	Leg Press
4	4×12
(Circuit:
3	3 Rounds for Time:
2	20 DB Straight Leg Deadlift
1	15 Goblet Squats
1	10 Lunges (each leg)

Miles Morales Spider-Man Workout

Day Six and Seven: Bonus Training
Spider-Man does it all.
The training above is for that. But you could always step it up if you really want to be like Spider-Man.
I suggest adding in another day or so (depending on how many days you've completed this week so far) devoted to bodyweight programming and/or cardio.
Run 1-5 miles (3-5 if strictly running, 1-2 if you're combining it with bodyweight training).
Complete bodyweight training listed:
75 Pull Ups
75 Dips
100 Sit Ups
100 Lunges
150 Push Ups
150 Air Squats