

SPIDER-GWEN

WORKOUT ROUTINE



BONUS PDF FILE

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 **SUPERHERO**  **JACKED** 

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SPIDER-GWEN

WORKOUT ROUTINE

Training Volume:

5+ days per week

Explanation:

Spider-Gwen is someone who does it all (similar to our Spider-Man). We're going to be working on parkour, mixed martial 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.

Spider-Gwen Workout Day One: Push Day and Agility Circuit

Warm Up:

Stretch

10-20 min jog or HIIT training

3×10 Pull Ups

3×15 Dips

3×20 Push Ups

Workout:

Clean and Press

5×5

Cable Pushdowns

4×12

Incline Bench (BB or DB)

4×12

Arnold Presses

4×12

Circuit:

3 Rounds for Time:

20 Kettlebell Swings

15 Jumping Lunges

10 Jump Squats

5 Burpees

Spider-Gwen Workout Day Two: MMA and Parkour

All heroes should know how to defend themselves.

And Spider-Gwen 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.

Spider-Gwen Workout Day Three: Pull Day and Agility Circuit

Warm Up:

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

Seated DB Curls

4×12

Circuit:

3 Rounds for Time:

20 Plank to Push Ups

15 Mountain Climbers

10 Box Jumps

5 Jumping Jacks

Spider-Gwen Workout Day Four: MMA and Parkour

All heroes should know how to defend themselves.

And Spider-Gwen 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.

Spider-Gwen Workout Day Five: Pull Day and Agility Circuit

Warm Up:

Stretch

10-20 min jog or HIIT training

3×10 Pull Ups

3×15 Dips

3×20 Push Ups

Workout:

Squats

5×5

Hamstring Curls

4×12

Leg Extension

4×12

Dip Machine Leg Pushdowns

4×12

Circuit:

3 Rounds for Time:

20 DB Straight Leg Deadlift

15 Goblet Squats

10 Lunges (each leg)

5 Cable Pull Throughs

Spider-Gwen Workout Day Six and Seven: Bonus Training

Spider-Gwen 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