

NIGHTWING

WORKOUT ROUTINE



BONUS PDF FILE

By: Mike Romaine

 **SUPERHERO**  **JACKED** 

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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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Nightwing Workout Routine

Training Volume:

5-6+ days per week

Explanation:

It's time to become an acrobat. I would make you a 3 day split but this one is going to revolve around 5+ days of bodyweight stuff, so we're 3 day splitting some weights, and incorporating full days of calisthenics and building the bodyweight training into the plan – ON TOP of MMA training built by Coach Derek and Parkour from Felix and I.

Additional Information:

Nightwing is an acrobat, but he has also been seen using weights in the comics, and the comic strip portrays bodyweight movements, weights, AND mixed martial arts right on the same page. Which I'll share below.

We're also basing this workout off of research done into gymnasts and Cirque Du Soleil professional performers.

Day One: Chest, Triceps, Shoulders w/ Weights and Bodyweight

Warm Up:

Stretch

20 minutes of HIIT on Treadmill:

1 min on: 5.5-10 mph run

1 min off: 2.5-3.5 mph walk

Weights:

Bench Press

4×12

Close Grip Bench

4×12

Military Press (Seated or Standing)

4×12

Bodyweight Routine:

Dips (can be weighted)

5×20

Push Ups

3×20

Air Squats

3×15

Pull Ups

3×10

Core Training:

3×60 second forearm planks

3×25 sit ups

3×30 second side planks (each side)

3×25 leg raises

Day Two: Bodyweight Training, Mixed Martial Arts and Parkour

Now we're focusing in on some bodyweight training, parkour, and mixed martial arts.

You can incorporate some advanced stuff like handstand push ups (or handstands in general), rope climbs (or weighted), L-Sit holds, and other things to work your way up to – but more specifically you should shoot to get in at least this:

200 Air Squats

200 Push Ups

150 Sit Ups

150 Dips

75 Pull Ups

75 Lunges

And then your mixed martial arts training and parkour is going to come from these links:

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.

Day Three: Legs w/ Weights and Bodyweight

Warm Up:

Stretch

20 minutes of HIIT on Treadmill:

1 min on: 5.5-10 mph run

1 min off: 2.5-3.5 mph walk

Weights:

Back Squats

4×12

Leg Press

4×12

Box Jumps

4×12

Bodyweight Routine:

Lunges (can be weighted)

5×20

Push Ups

3×20

Dips

3×15

Pull Ups

3×10

Core Training:

3×60 second forearm planks

3×25 sit ups

3×30 second side planks (each side)

3×25 leg raises

Day Four: Bodyweight Training, Mixed Martial Arts and Parkour

Now we're focusing in on some bodyweight training, parkour, and mixed martial arts.

You can incorporate some advanced stuff like handstand push ups (or handstands in general), rope climbs (or weighted), L-Sit holds, and other things to work your way up to – but more specifically you should shoot to get in at least this:

200 Air Squats

200 Push Ups

150 Sit Ups

150 Dips

75 Pull Ups

75 Lunges

And then your mixed martial arts training and parkour is going to come from these links:

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Day Five: Back and Biceps w/ Weights and Bodyweight

Warm Up:

Stretch

20 minutes of HIIT on Treadmill:

1 min on: 5.5-10 mph run

1 min off: 2.5-3.5 mph walk

Weights:

Deadlift

4×12

Dumbbell Bicep Curls

4×12 (each arm)

Lateral Pulldowns

4×12

Bodyweight Routine:

Chin Ups

5×20 (take breaks when needed in between)

Push Ups

3×20

Air Squats

3×15

Dips

3×10

Core Training:

3×60 second forearm planks

3×25 sit ups

3×30 second side planks (each side)

3×25 leg raises

Day Five: Bodyweight Training, Mixed Martial Arts and Parkour

Now we're focusing in on some bodyweight training, parkour, and mixed martial arts.

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