

ARSENAL WORKOUT ROUTINE



Bonus PDF File
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ARSENAL WORKOUT ROUTINE

Training Volume:

5+ days per week

Explanation:

I recommend utilizing some of the circuits ON TOP of your daily body weight training (we're talking about a superhero here, guys) to really bring up the intensity – but the mixed martial arts, archery strengthening and additional parkour training is more-or-less there to bring out your inner Arsenal.

I purposely did both Arsenal and Arrowette on the same week being that they're such closely related characters when it comes to their abilities, inspiration, and therefore their training style we create. For that reason you will be seeing virtually the same routine for both of them, but under different character to show both our male and females it's okay to train the same!

Arsenal Workout: Daily Calisthenics from our Parkour Program

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.

Arsenal Workout: Calisthenics/Acrobat Circuits

Beginner Circuit

- 20 knee push ups
- 30 body weight squats
- 10 body rows
- 10 lunges both sides
- 20 crunches
- 20 second superman hold
- 60 second forearm plank

Intermediate Circuit

- 20 push ups
- 50 body weight squats
- 10 pull ups
- 20 plank to push ups

Intermediate-Advanced Circuit

- 20 clap push ups
- 20 Bulgarian split squats
- 10 chin ups
- 10 single leg hip bridges (both sides)
- 10 handstand push ups
- 30 second side plank each side

- 25 plank to push ups

Arsenal Workout: Mixed Martial Arts and Parkour

If you want to step your game up and start training with mixed martial arts, these are some of the programs Coach Derek has created for us outside of [The Academy](#) to do so.

I've also listed our Parkour workout below (which I've also stolen our daily body weight training protocol from [listed above], and is definitely something to take advantage of if you're looking to unleash your real Arsenal potential.

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

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.

Arsenal Workout: Archery Strengthening

On top of becoming stronger with calisthenics and parkour necessary training, there are also some movements we can utilize to strengthen specific muscles utilized for archery.

Of course, if you can also get out there and become a pro with a bow and arrow, that's even better.

But, if you're one day planning on it, it's a good idea to incorporate these workouts, as shared with us by [Archery360](#):

- Single Arm Dumbbell Rows
- Romanian Deadlift
- Dumbbell Side Raise
- Rowing Machine

- Forearm Planks

As you can tell I've included planks, or variations of them, within our calisthenic circuits on purpose to give you a bit of a head start on the matter.