

# BATGIRL WORKOUT ROUTINE



Bonus PDF File  
By: Mike Romaine

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# BATGIRL WORKOUT ROUTINE

## Training Volume:

3-6 days per week

## Explanation:

For this one the training is going to be on you. I recommend training 5+ days a week and switching up the style each a bit each time with the resources I give you below, but it's not required. I'm going to give you a bodyweight workout to get Batgirl acrobatics, which can mostly be done at home (or a local park), our Parkour routine, mixed martial arts routines, and some endurance work. This seems like the perfect workout to take it a little slower than our other character workouts that are usually amplified, and actually turn SuperHuman while having a lighter approach.

## Batgirl Workout: Calisthenics and Acrobats

### Warm Up:

Stretch and Foam Roll

800m Jog

### Workout:

10 Round Circuit – Rest 2-5 minutes between each round

5 Pull Ups

5 Dips

5 Jumping Lunges [each leg]

10 Sit Ups

10 Air Squats

10 Push Ups

**Bonus Core and More:**

3 Round Circuit – Rest only if needed between rounds

25 Leg Raise Variation (Hanging or Lying/Straight Leg or Bent)

20 Sit Ups or Cable Crunches

15 Plank to Push Ups

10 Russian Twists

60 Second Forearm Plank

## **Batgirl Workout Routine: Mixed Martial Arts**

Coach Derek in our [Academy](#) has a Fighter's Path and a Fight Bootcamp Path, but he also has multiple programs for us for free on the site.

Take advantage of these if you'd like to step up your MMA game:

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.

# Batgirl Workout Routine: Parkour and Endurance

Something most of the Bat-Squad has in common aside from acrobatics is implementing them in a parkour/freerunning style with their gadgets.

For that reason, Academy member Felix helped me put together a [Nightrunner Parkour Workout](#) you can utilize.

*Nightrunner is considered "The Batman of France".*

You can skip his bodyweight section being that we have our own for Batgirl here, and then use Felix's tips and tricks to get going on parkour and freerunning.

As far as endurance I would recommend implementing 2-3 mile jogs 2-3 times a week if possible. This will not only help lose and unwanted fat from your physique, but it will also make getting out there and utilizing your parkour/freerunning and mixed martial arts a lot easier.