

# BATWOMAN WORKOUT ROUTINE



Bonus PDF File  
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# BATWOMAN WORKOUT ROUTINE

## Training Volume:

5+ days per week

## Explanation:

I'm going to be building you 2 workouts that can be done every day to focus in on calisthenics and gymnastics. One is a quick circuit that can be done in a pinch (or on days you want to work on your endurance and mixed martial arts), and the other is a full-high-volume workout. I'll also add in a sample training schedule for you guys, but feel free to work it around your own schedule and training style for this one.

## Batwoman Workout Sample Training Schedule:

**Monday:** Calisthenics and Parkour Training

**Tuesday:** 5k Run for Endurance, Gymnastics Circuit and Mixed Martial Arts

**Wednesday:** Calisthenics and HIIT Training

**Thursday:** 5k Run for Endurance, Gymnastics Circuit and Mixed Martial Arts

**Friday:** Calisthenics and Parkour Training

**Saturday:** 5k Run for Endurance, Gymnastics Circuit and Mixed Martial Arts (Or Off Day)

**Sunday:** Off Day

# Batwoman Workout: Gymnastics Circuit

Do this 1-2 time through depending on difficulty. Don't

50 Plank to Push Ups

20 Burpees

25 Side Planks Up and Down (Each Side)

25 Explosive Push Ups (Explode off the floor and come in the air)

60 seconds of Mountain Climbers

60 seconds of Flutter Kicks

60 seconds of Boat Hold

# Batwoman Workout: Everyday Calisthenics Workout

This can be done in sets of 10-50, throughout the day in little sets, in one shot, or however you'd like to complete it.

## Main Calisthenics Work:

250 Push Ups

200 Dips

150 Air Squats

100 Pull Ups

## Accessory and Core Additions:

250 Flutter Kicks

200 Sit Ups

150 Plank to Push Ups

100 Lunges (50 Each Leg)

## **Batwoman Workout: HIIT Training**

For your high intensity interval training we're going to keep it to the treadmill.

You still have a couple variations of how you'd like to perform it, though.

### **Option One:**

1 min on: Run 5.5-10mph

1 min off: Walk 2.5-3.5mph

### **Option Two:**

30 seconds on: Sprint 7-10+mph

1:30 second off: Walk 2.5-3.5mph

*Complete 20-45 minutes of this each time with a 5-10 minute warm up and cooldown period.*

## **Batwoman Workout: Mixed Martial Arts and Parkour**

Also consider adding in some mixed martial arts training to really step your SuperHuman training up a notch.

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.\*\**