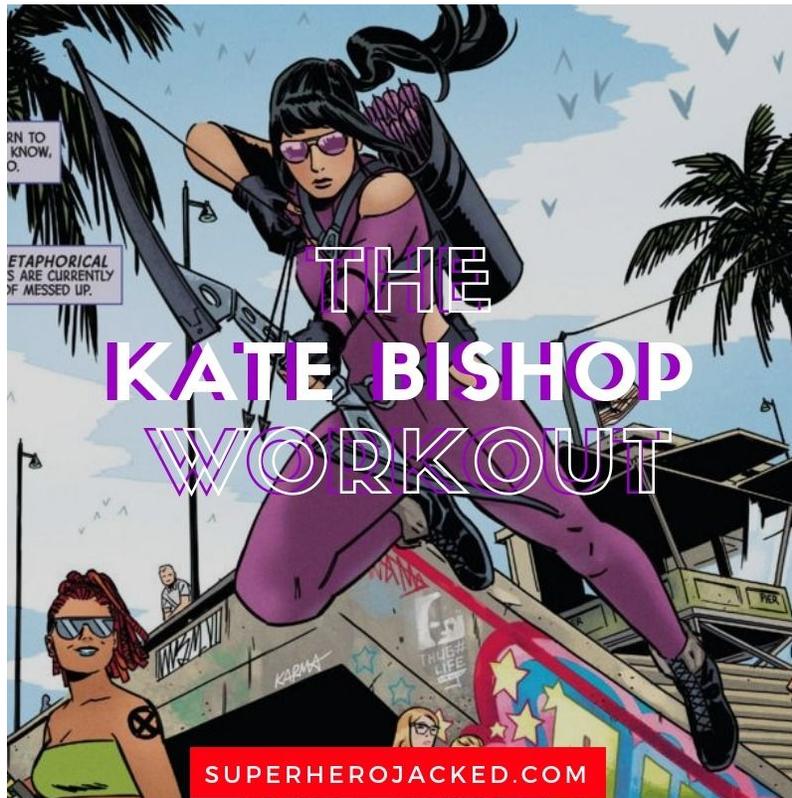


KATE BISHOP

WORKOUT ROUTINE



Bonus PDF File
By: Mike Romaine

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KATE BISHOP WORKOUT ROUTINE

Training Volume:

5+ days per week

Explanation:

Kate Bishop has no superhuman abilities so she steps it up a notch with her training. For that reason we're training a minimum 5 days per week to get into fighting shape. We'll be working with a few days of calisthenics, parkour and weights; and then combine that with some endurance work and mixed martial arts training.

Kate Bishop Weight Training:

This training has some specific movements that are great for archery, but push ups, pull ups and dips are also amazing which are included in our calisthenics training; for that reason this is a full body training day that can be utilized multiple times per week.

Warm Up:

15-30 minutes of varied cardio (Kate would probably run)

Workout:

One Arm Dumbbell Rows over Bench

3×15 each arm

Dumbbell Shrugs [Standing]

3×15

One Arm Side Lateral Raises

3×15 each arm

Dumbbell Bicep Curls [Alternating]

3×10 each arm

Kettlebell Swings

3×10

Squat Cleans

3×10

Weighted Dips (or Machine)

3×10

Kate Bishop Calisthenics and Parkour:

In order to become Kate Bishop it's going to involve being good with parkour and acrobatic stunts. For that reason I'll be sharing our [Nightrunner](#) workout that I worked on with [Academy](#) member Felix.

Calisthenics Portion:

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.

Felix's Parkour Workout:

Warm up:

Dynamic stretching

10 minutes of cardio (chose between Option A and B)

Option A: Jogging or running

Option B: Quadrupedal movement such as bear crawl, crab walk, spider-man walk, backward and forward (try to mix them a bit this will help for your mobility)

5-10 Parkour Rolls (both sides)

How you should roll: (example on right shoulder) get down on your left knee, put your left hand on the ground in front of your left knee, beside your right heel, then put your right hand on the left one. DO NOT CROSS YOUR FINGERS.

Put your head down and roll on your shoulder, you should roll diagonally from your shoulder to the other side of your waist.

Note: Start by doing them on soft surfaces like grass, when you feel more confident while doing it try to practice them from walking, jogging and running. Then start to practice dive rolls.

5-10 back rolls

Vaults:

Flow out/safety vault: as you come towards the obstacle, place your outside arm on the obstacle, then put your outside leg on the obstacle, pass your inside leg under your outside leg, release your outside arm as you push with your outside foot to pass the obstacle.

Speed vault: very similar to the flow out vault except that your outside foot does not touch the obstacle, instead just kick in the air with it.

Lazy vault: this one is more useful to get over a rail. Come towards the obstacle from a diagonal or parallel direction, put your inside hand on the obstacle, swing your inside leg then your outside leg in the same motion, before placing your outside hand on the obstacle.

Note: the flow out vault as well as the lazy vault are two movements that you can practice without momentum.

Kong vault: press with both of your hands on the obstacle, at the same time, tuck your legs on your chest to pass over the obstacle, don't forget to raise your hips.

Note: this one is the most known and most used vault in Parkour, however it is a very scary and tricky vault, so here's a few steps you can do to break it down.

Step 1: practice it on the floor, crouch and dive into a kong vault, this will get used to the movement, you could also practice with your quadrupedal movements as a warm up.

Step 2: plant plyos/monkey plant; put both hands on an obstacle and use your legs to get on it

Step 3: following the plant plyo keep your hand on the obstacle and go down into a squat position.

Bar/Rail moves:

Under bar: as you come towards a bar or rail, jump feet first and place your hands on the bar, swing under the bar and extend your body while arching your back.

Tips: one exercise that you can do to practice it and test yourself is to find a park with bars, like a calisthenic park, put an elastic band between two poles parallel to the pull up bar, grab the bar and jump trying to pass your whole body between the elastic band and the bar, raise the elastic band as you get better.

Wall moves:

Wall run: run towards a wall, when you're at the right distance (not too close, not too far) make a small jump at the same time plant the ball of your feet on the wall, a bit higher than hips level, push upward with your leg that is on the wall then try to reach with your arms the top of the wall.

Tik Tak: Similar to the wall run, run towards the wall then jump putting your other leg (feet facing upward) then push with the leg that is on the wall, then push away from the wall transferring your momentum wherever direction you need to go.

Arm jump: this one is like a long jump but you use it to grab the edge of a wall, or a bar as you jump.

Note: when performing this jump your legs should land slightly before you grab the bar. as you might hurt your knees on the wall. just don't over do it so you don't drop kick the wall.

Tips: this works for precision jump as well as arm jump, when you're not sure if you can execute the jump as the jump might be high for example, go down and practice it from the same distance, if you can cover the distance, that means you can do it, if you can't maybe you should wait. of course there's always the height difference between the two objects that is important.

Balance: to practice your balance, you can practice it pretty much anytime anywhere, for example you can stand on one leg as you wait for the bus then to the other leg, you can also walk on the road lines (just not in the middle of the road please) there's literally a lot of things you can do to practice your balance.

Now that you know a few movements for parkour try to find places where you can try them (bench, picnic tables, etc). This really depends on your surroundings, as you get better you will also be able to see more things you can do: this is called *The Parkour Vision*. For example where others might see a wall, you might see a wall run, etc..

Kate Bishop Workout: Mixed Martial Arts

These 5 workouts are courtesy of *Men's Journal*. You can fit them into your workout by swapping up which one you utilize on your specific MMA training days.

Most importantly: have fun!

Workout 1

Warmup:

10 minutes jump rope

20 squats

20 pushups

40 crunches

Shadow boxing:

3-minute round: Basic jab, cross, and hook punches

Rest 30 seconds

x5

Heavy bag workout: Basic combinations

3-minute round

Rest 30 seconds

x5

If you're new to this kind of intensity, do three rounds, not five, and give yourself a minute rest between them. "Pace yourself," Strout says. "Don't go all out in the first 20 seconds, then stop: Keep punching the bag even if you're just touching it."

Finisher:

100 pushups

100 squats

200 sit-ups

Rest as little as possible

Workout 2

Warmup:

50 jumping jacks

50 jump lunges

1 minute run in place

10 pushups

10 squats

10 lunges

5 minutes shadow boxing

Rest as little as possible

Rest 30 seconds

Footwork drills:

2 minutes side steps: Start In your boxing stance, take 10 quick steps to the left, then 10 steps right, side to side. When moving to the right, push off the left foot, and when moving left, push off the right foot.

Rest 30 seconds

2 minutes forward and back steps: In boxing stance, take 10 quick steps forward and 10 steps back, back and forth. When moving forward, push off back foot, and when moving backwards, push off front foot.

Rest 30 seconds

2 minutes box steps: In boxing stance, move 6 steps forward, 6 steps right, 6 steps back, 6 steps left. Switch direction after four squares. Focus on pushing off the correct leg.

Rest 30 seconds

2 minutes circle drill A: Put something on the floor to use as your center point. In boxing stance, step using your technique to make a complete circle around the object, then reverse the circle. "Always make sure you stay in your stance and your lead leg is pointing in the direction of the center," says Strout. "This is to train you on moving away from an opponent."

Rest 30 seconds

2 minutes circle drill B: Using the same center point, face away from it, keeping your back to it the whole time. Start in your stance and complete full circles in each direction. "This trains you on stalking a moving opponent," says Strout.

Finisher:

10 minutes jump rope as cooldown

Workout 3

Warmup:

Jog 20 minutes

Shadow boxing:

3-minute round

Rest 30 seconds

x5

Bag workout:

3-minute round on heavy bag

x3

3-minute round on speed bag

x3

Conditioning:

For 3 minutes, do:

10 pushups

10 jump squats

Rest 1 minute

x3

Finisher:

200 situps

Workout 4

Warmup:

20 minutes jump rope, varying speed

Shadow boxing/conditioning:

1-minute round shadow boxing, focusing on speed

Rest 30 seconds

x8

20-yard sprint OR 10 burpees

20 seconds shadow boxing

x10

Conditioning:

10 minutes jump rope

Finisher:

5 pushups, focusing on speed

Rest 30 seconds

x10

Workout 5

Warmup:

3 minutes fast jump rope

Rest 30 seconds

x4

Shadow boxing:

3-minute round: Work basic jab, cross, and hook punches

30 pushups as "rest"

x4

Heavy bag workout:

3-minute rounds, as follows

Round 1: jabs only

Rest 30 seconds

Round 2: double jab-cross

Rest 30 seconds

Round 3: jab-cross-hook

Rest 30 seconds

Round 4: any four punches

Rest 30 seconds

Round 5: any punch combination, with 180-degree semi-circles around bag between combos

Rest 30 seconds

Round 6: non-stop punching at 60% of full power. Focus on rotation of the body and using the legs.

Rest 30 seconds

Then:

20 hard hooks, lead hand

20 hard crosses

40 quality jabs

Finisher:

200 situps

20 pullups

40 lunges