

WINTER SOLDIER WORKOUT ROUTINE



Bonus PDF File
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WINTER SOLDIER WORKOUT ROUTINE

Training Volume:

3-6 days per week

Explanation:

For this one I think it's important for us to go from Bucky Barnes to Winter Soldier. I'm going to give you two different training schedules using the workouts that I program and you can choose to step it up a notch depending on your fitness level.

The Bucky Barnes Workout Routine: World War II Fitness Test

For our Bucky Barnes level of training we're going to be looking to complete the World War II Fitness Test.

That was as follows:

The WWII Fitness Test

OUTDOOR TESTS	INDOOR TESTS
1. Pullups	1. Pullups

2. Squat Jumps	2. Squat Jumps
3. Pushups	3. Pushups
4. Situps	4. Situps
5. 300-yard Run	5A. Indoor Shuttle Run
	5A(1). 60-Second Squat Thrusts

We will also be taking the workout we build here and utilizing it in a more advanced format for The Winter Soldier training we well.

[Click here](#) for the WWII Fitness Test Scoresheet from *Art of Manliness*.

So we're going to be looking to climb this ladder from Poor->Fair->Good->Excellent.

And the first level of excellent are as follows (for those interested in what we're shooting for):

Pullups: 13

Squat Jumps: 50

Pushups: 39

2-Min Situps: 62

300 Yard Run: 47

Indoor Shuttle Run: 43.5

60 Sec. Squat Thrusts: 35

Finally, here's our Bucky Barnes Workout Schedule:

Monday: Basic Training Calisthenics and Short Run

Tuesday: Moderate Run

Wednesday: Basic Training Calisthenics and Short Run

Thursday: Active Off Day (Hiking/Weighted Carry Walk)

Friday: Basic Training Calisthenics and Short Run

Saturday: Long Distance Run

Sunday: Off Day

Bucky Barnes Workout: Basic Training Calisthenics

5 Rounds (not timed):

It's okay to break between each exercise if you need to.

30 Push Ups

25 Sit Ups

20 Jump Squats

15 Dips

10 Pull Ups

Bucky Barnes/Winter Soldier Workout: Run Distances

Here's how long your runs will be depending on the distance listed:

Short Run: 1-3 miles

Moderate Run: 3-4 miles

Long Distance Run: 5+ miles

Scaling for these runs should be based around your personal fitness level.

Winter Soldier Workout Routine Schedule:

Monday: Upper Body and Speed Training (Found below; can be scaled)

Tuesday: Basic Training Calisthenics, Moderate Run and Circuit A/B/C
(Complete ONE per day, but cycle through)

Wednesday: Full Body Intensity Training and either Murph Challenge or Added Activity

Thursday: Basic Training Calisthenics, Moderate Run and Circuit A/B/C
(Complete ONE per day, but cycle through)

Friday: Lower Body and Speed Training

Saturday: Basic Training Calisthenics and Long Distance Run

Sunday: Active Off Day

Winter Soldier Workout: Upper Body Training

Warm Up:

10 minute slow walk

Workout:

Incline Bench Press

3×10

Seated DB Military Press

3×10

Seated Overhead Tricep Extension w/ DB

3×10

Face Pulls

3×10

Kettlebell Swings

3×10

Barbell Rows

3×10

Winter Soldier Workout: Full Body Training

Warm Up:

10 minute slow walk

Workout:

Power Cleans

3×10

DB Thrusters

3×10

Box Jumps

3×10

Farmer's Carry

3×50 meters

Tire Flip

3×50 meters

Battle Ropes

3×30-60 seconds

Winter Soldier Workout: Lower Body Training

Warm Up:

10 minute slow walk

Workout:

Goblet or Landmine Squats

3×10

Leg Press

3×10

Hex Bar Deadlift

3×10

Weighted Lunges

3×10

Hamstring Curls or Kickbacks

3×10

Quad Extensions

3×10

Winter Soldier Workout: Speed Training

Run 4 x 400 meter repeats at 5K pace with 2 minutes of recovery between the repeats.

Do 20 bench step up on each leg

Run 800 meters at 5K pace

Do 20 one leg squats on each leg

Run 8 x 200 meter repeats at 3K or vVO₂ max pace with 1 minute of recovery between the repeats.

Do 20 Stride Step Ups on each leg

Run 8 x 100 meter acceleration strides. Recover between each repeat with 15 seconds of recovery

Perform 25 meters of double leg forward hops

Run 1200 meters. Run the first 200 meters at nearly all out pace, the next 800 meters at 5K pace and the final 200 meters as fast as you can. Take no recovery between the components of this run.

Perform 25 meters of single leg forward hops

Run for 6 minutes alternating between 30 seconds at nearly all out pace and 30 seconds at an easy pace

Perform one basic core strength routine

Run 4 x 400 meter repeats at 5K pace with 2 minutes of recovery between the repeats.

Winter Soldier Workout: Murph Challenge

Complete for time:

1 Mile Run

100 Pull Ups

200 Push Ups

300 Squats

1 Mile Run

....in a 20 lb. weighted vest...

Winter Soldier Workout: Circuits A and B

Circuit A:

- 21-15-9 Reps For Time
- Deadlifts (225/155 lb)
- Handstand Push-Ups

Circuit B:

- 21-15-9 Reps For Time
- Squat Cleans (135/95 lb)
- Ring Dips

Circuit C:

- 21-15-9 Reps For Time
- Thrusters (95/65 lb)
- Pull-Ups

Winter Soldier Workout: Bonus MMA Training and Parkour

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.