

# DEKU

# WORKOUT ROUTINE



Bonus PDF File  
By: **Mike Romaine**

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# DEKU WORKOUT ROUTINE

## Training Volume:

5+ days per week

## Explanation:

We're going to be training with weights, calisthenics and circuits 5 days a week, but I'll also be giving you the option to work on your endurance as well if you'd like to add an extra day of long distance running to the training.

## Want To Upgrade This Workout?

[The Superhero Academy](#) now comes with an [Upgrade Your Workout Tool](#) that allows Academy members to turn any SHJ workout into a 4-8 week fully planned regime detailing exact weights to lift and including reverse & tradition pyramid training, straight sets, super sets, progressive overload and more.

## Deku Workout: Workout Schedule

**Monday:** Push Day Strength and Blowout Circuit

**Tuesday:** Calisthenics, Parkour and Blowout Circuit

**Wednesday:** Pull Day Strength and Blowout Circuit

**Thursday:** Calisthenics, Parkour and Blowout Circuit

**Friday:** Leg Day Strength and Blowout Circuit

**Saturday:** Optional Long Distance Run (3-5 miles)

**Sunday:** Rest Day

## **Deku Workout Routine: Push Day Strength and Blowout Circuit**

### **Warm Up:**

5 Minute Walk

10 Minutes of HIIT Sprints

5 Minute Walk

### **Compound Strength:**

Barbell Bench Press

5×5

Seated DB Overhead Press

5×5

### **Accessory:**

Close Grip Bench

4×10,8,5,3

Cable Front Raises

3×10 each arm

Cable Chest Flyes

3×10

**Blowout Circuit:**

*5 Rounds w/ 60 Second Break In Between Rounds:*

25 Kettlebell Swings

20 One Arm DB Snatch (10 Each Arm)

15 Push Ups

10 Second Battle Ropes

**Deku Workout Routine: Calisthenics, Parkour and Blowout Circuit**

**Warm Up:**

1 Mile Jog

**Calisthenics Warm Up:**

Push Ups

3×25

Air Squats

3×20

Dips

3×15

Pull Ups

3×10

**Calisthenics Blowout:**

3 Rounds:

20 Push Ups

15 Triangle Push Ups

20 Wide Push Ups

10 Clap or Off The Ground Push Ups

20 Second Straight Arm Plank

5 Burpees

**Core Blast:**

3 Rounds:

25 Sit Ups

25 Lying Leg Raises

25 Flutter Kicks

25 Second Plank

**Parkour:**

Utilize basic training from [Academy](#) member [Felix's Nightrunner Parkour Program](#) (*Skip the Calisthenics Portion*)

**Deku Workout Routine: Pull Day Strength and Blowout Circuit**

**Warm Up:**

5 Minute Walk

10 Minutes of HIIT Sprints

5 Minute Walk

**Compound Strength:**

Barbell Deadlift

5×5

Barbell Bent Over Rows

5×5

**Accessory:**

Pulldown Machine (Hammer Strength)

4×10,8,5,3

Concentration Curls

3×10 each arm

Hammer Curls w/ Cable Rope

3×10

**Blowout Circuit:**

*5 Rounds w/ 60 Second Break In Between Rounds:*

25 One Arm KB Deadlift

20 Bent Over DB Row (10 Each Arm)

15 DB Lat Spreads

10 Chin Ups

**Deku Workout Routine: Calisthenics, Parkour and Blowout Circuit**

**Warm Up:**

1 Mile Jog

**Calisthenics Warm Up:**



Push Ups

3×25

Air Squats

3×20

Dips

3×15

Pull Ups

3×10

**Calisthenics Blowout:**

3 Rounds:

20 Mountain Climbers

15 Dips

20 Box Jumps

10 Pull Ups

20 Second Side Plank Each Side

5 Jump Squats

**Core Blast:**

3 Rounds:

25 Sit Ups w/ Twist

26 Lying Leg Raises (13 each side)

25 Flutter Kicks

25 Second Plank

**Parkour:**

Utilize basic training from [Academy](#) member [Felix's Nightrunner Parkour Program](#) (*Skip the Calisthenics Portion*)

**Deku Workout Routine: Leg Day Strength and Blowout Circuit**

**Warm Up:**

5 Minute Walk

10 Minutes of HIIT Sprints

5 Minute Walk

**Compound Strength:**

Back Squat

5×5

Leg Press

4×10

**Accessory:**

Calf Raise on Leg press

4×10

Dip Machine Leg Pushdown

3×10 each leg

Glute Bridges w/ Barbell

3×10

**Blowout Circuit:**

*5 Rounds w/ 60 Second Break In Between Rounds:*

25 Cable Pullthroughs

20 Weighted Lunges (10 Each Leg)

15 Box Jumps

10 Meter Farmers Carry