

NITE OWL WORKOUT ROUTINE



Bonus PDF File
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NITE OWL WORKOUT ROUTINE

Training Volume:

6 days per week

Explanation:

I'm going to build you three days of cardio and calisthenics and then I'm going to give you 3 different mixed martial arts routines from here at SHJ to cycle through for your MMA days. Then I'll also be giving you a Murph Challenge on one of your weekend days to really step this up a notch and make sure you're getting your training in enough to complete and scale up on the challenge over time.

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.

Nite Owl Workout: Sample Workout Schedule

Monday: Cardio and Calisthenics

Tuesday: Mixed Martial Arts Training

Wednesday: Cardio and Calisthenics

Thursday: Mixed Martial Arts Training

Friday: Cardio and Calisthenics

Saturday: Murph Challenge or Rest

Sunday: Murph Challenge or Rest (Choose one day to rest one day to challenge)

Nite Owl Workout: Cardio and Calisthenics

Warm Up:

Jog 800 Meters

Workout:

Feel free to turn this workout into a bunch of supersets or one giant set!

Push Ups

5×30

Air Squats

5×25

Dips

5×20

Plank to Push Ups

5×15

Pull Ups

5×10

Core (Swap Each Day):

Variation A:

Hanging Leg Raises

3×25

Sit Ups

3×25

Plank Hold

3×60 seconds

Variation B:

Knee Raises w/ Twist

3×26

Sit Ups w/ Twist

3×26

Side Planks

3×30 seconds each side

Variation C:

Lying Leg Raises

3×25

Flutter Kicks

3×25

Cable Crunches

3×25

Russian Twists

3×25

Cardio:

Swap back and forth.

Variation One:

Jog 3.1 Miles

Variation Two:

20-30 Minutes of Sprints:

Sprint 30 Seconds, Cooldown a Minute and a Half