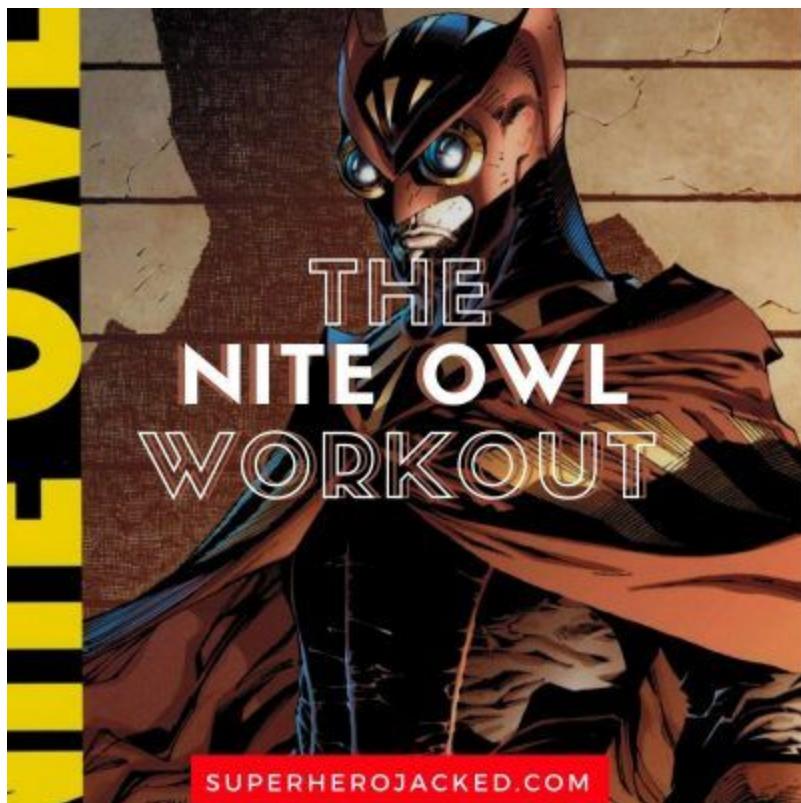


# NITE OWL WORKOUT ROUTINE



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

5x30

Air Squats

5x25

Dips

5x20

Plank to Push Ups

5x15

Pull Ups

5x10

**Core (Swap Each Day):**

*Variation A:*

Hanging Leg Raises

3x25

Sit Ups

3x25

Plank Hold

3x60 seconds

*Variation B:*

Knee Raises w/ Twist

3x26

Sit Ups w/ Twist

3x26

Side Planks

3x30 seconds each side

*Variation C:*

Lying Leg Raises

3x25

Flutter Kicks

3x25

Cable Crunches

3x25

Russian Twists

3x25

**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