

STATIC SHOCK WORKOUT ROUTINE



Bonus PDF File
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STATIC SHOCK WORKOUT ROUTINE

Training Volume:

3-5 days per week

Explanation:

This routine can really be done in 3 days a week of calisthenics, and then another 2 days should be devoted to parkour work and extra cardio. BUT, if you're a beginner just starting out and aren't ready to step it up a notch, you can get away with just 3 days per week.

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.

Static Shock Workout: Sample Workout Schedule

Monday: Calisthenics, Cardio and Blowout

Tuesday: Parkour and Extra Cardio

Wednesday: Calisthenics, Cardio and Blowout

Thursday: Parkour and Extra Cardio

Friday: Calisthenics, Cardio and Blowout

Saturday: Rest

Sunday: Rest

Static Shock Workout: Calisthenics, Cardio and Blowout

Cardio can be done before or after your workout

Cardio Basics:

- Complete 20-30 Minutes of High Intensity Interval Training Each Day
- Use ANY of the following methods to complete it
- Running/sprints can be done outside if you'd like to keep this to a home style workout
- Format your HIIT to be one minute on, one minute off as follows:
 - One minute ON: Sprint or High Intensity for the entire duration
 - One minute OFF: Cooldown for the entire duration

Cardio Options:

- Treadmill/Outdoor Run
- Bike
- Row Machine

Calisthenics Workout:

Air Squats

4x30

Push Ups

4x25

Sit Ups

4x20

Dips

4x15

Chin Ups

4x10

Blowouts:

Complete one of each blowout on your three different Calisthenics Training Days.

Blowout A:

Complete for Time:

22 Jump Ropes

22 Alternating Medicine Ball Push Ups

14 Jump Ropes

14 Alternating Medicine Ball Push Ups

10 Jump Ropes

10 Alternating Medicine Ball Push Ups

Blowout B:

Complete for Time:

50 Mountain Climbers

40 Russian Twists

30 Second Plank

20 High Knees in Place

10 Burpees

Blowout C:

Complete 3 Rounds for Time:

25 Lying Leg Raises

15 Second Side Plank

5 Push Ups

15 Second Opposite Side Plank

26 Bicycle Crunches

Static Shock Workout: Parkour and Extra Cardio

For your extra cardio you should be focusing on building your way up to a 5k run.

Extra Cardio Training:

Work towards 3.1 miles and complete the following each extra cardio day:

Beginner: 1-2 mile jog

Intermediate: 2-3 mile jog

Advanced: 3-5+ mile jog

Parkour Training:

Your parkour training is going to come from our SHJ Parkour Guide.

That comes in the form of [Nightrunner's Workout](#) which [Academy](#) member Felix and I put together.

Skip the calisthenics portion and jump right into the parkour training.