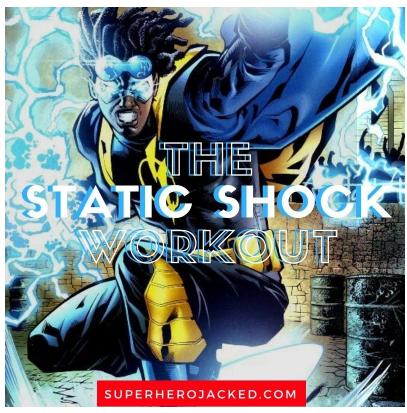
# STATIC SHOCK WORKOUT ROUTINE





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?**

<u>The Superhero Academy</u> now comes with an <u>Upgrade Your Workout Tool</u> 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

4×30

Push Ups
4×25
Sit Ups
4×20
Dips
4×15
Chin Ups
4×10
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 <u>Nightrunner's Workout</u> which <u>Academy</u> member Felix and I put together.

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