

BLACK CANARY WORKOUT ROUTINE



Bonus PDF File
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BLACK CANARY WORKOUT ROUTINE

Training Volume:

5+ days per week

Explanation:

For this one I'm going to be giving you one of our basic calisthenic programming and also sharing our parkour training program as well; but I'll also be building you an alternative program that comes from some of the greatest female gymnasts (Shawn Johnson and Alicia Sacramone are two examples I'm pulling from) who have shared some of their favorite moves. The program we build using their moves can be repeated multiple times a week, as can the other calisthenics programming and parkour.

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.

Black Canary Workout: Sample Workout Schedule

Monday: Gymnast Program

Tuesday: Basic Calisthenics Program

Wednesday: Gymnast Program and Parkour

Thursday: Basic Calisthenics Program

Friday: Parkour and Mixed Programming

Saturday: Basic Calisthenics Program w/ some Advanced Movements

Sunday: Rest Day or Extra Parkour

Black Canary Workout: Gymnast Program

Base Calisthenics:

Shoulder Taps

4×20

Jump Squats

3×15

Lunge Walk w/ Bar Held in Front or Front Shelf (Front Squat Position)

3×20 Steps (10 Each Leg)

Pike Up on Stability Ball

3×10-15

Standing Side Jumps Over Box/Step/Block

3×10

Core Movements:

V-Ups

3×25

Hanging Leg Raises

3×25

Optional Additions:

Push Ups (or Knee Ups, or Handstand Push Ups)

3×20

Chin Ups (or Assisted or Pike Push Ups)

3×20

Dips (or Chair Dips or Assisted)

3×20

Black Canary Workout: Basic Calisthenics Program

75 Pull Ups

75 Hanging Leg Raises

100 Dips

100 Lunges

100 Sit Ups

150 Push Ups

150 Air Squats

These can be broken down into any number of sets/reps that are needed to complete the overall count.

Black Canary Workout: Parkour Programming

Warm up:

Dynamic stretching

10 minutes of cardio (choose between Option A and B)

Option A: Jogging or running

Option B: Quadrupedal movement such as bear crawl, crab walk, spider-man walk, backward and forward (try to mix them a bit this will help for your mobility)

5-10 Parkour Rolls (both sides)

How you should roll: (example on right shoulder) get down on your left knee, put your left hand on the ground in front of your left knee, beside your right heel, then put your right hand on the left one. **DO NOT CROSS YOUR FINGERS.** Put your head down and roll on your shoulder, you should roll diagonally from your shoulder to the other side of your waist.

Note: Start by doing them on soft surfaces like grass, when you feel more confident while doing it try to practice them from walking, jogging and running. Then start to practice dive rolls.

5-10 back rolls

Vaults:

Flow out/safety vault: as you come towards the obstacle, place your outside arm on the obstacle, then put your outside leg on the obstacle, pass your inside leg under your outside leg, release your outside arm as you push with your outside foot to pass the obstacle.

Speed vault: very similar to the flow out vault except that your outside foot does not touch the obstacle, instead just kick in the air with it.

Lazy vault: this one is more useful to get over a rail. Come towards the obstacle from a diagonal or parallel direction, put your inside hand on the obstacle, swing your inside leg then your outside leg in the same motion, before placing your outside hand on the obstacle.

Note: the flow out vault as well as the lazy vault are two movements that you can practice without momentum.

Kong vault: press with both of your hands on the obstacle, at the same time, tuck your legs on your chest to pass over the obstacle, don't forget to raise your hips.

Note: this one is the most known and most used vault in Parkour, however it is a very scary and tricky vault, so here's a few steps you can do to break it down.

Step 1: practice it on the floor, crouch and dive into a kong vault, this will get used to the movement, you could also practice with your quadrupedal movements as a warm up.

Step 2: plant plyos/monkey plant; put both hands on an obstacle and use your legs to get on it

Step 3: following the plant plyo keep your hand on the obstacle and go down into a squat position.

Bar/Rail moves:

Under bar: as you come towards a bar or rail, jump feet first and place your hands on the bar, swing under the bar and extend your body while arching your back.

Tips: one exercise that you can do to practice it and test yourself is to find a park with bars, like a calisthenic park, put an elastic band between two poles parallel to the pull up bar, grab the bar and jump trying to pass your whole body between the elastic band and the bar, raise the elastic band as you get better.

Wall moves:

Wall run: run towards a wall, when you're at the right distance (not too close, not too far) make a small jump at the same time plant the ball of your feet on the wall, a bit higher than hips level, push upward with your leg that is on the wall then try to reach with your arms the top of the wall.

Tik Tak: Similar to the wall run, run towards the wall then jump putting your other leg (feet facing upward) then push with the leg that is on the wall, then push away from the wall transferring your momentum wherever direction you need to go.

Arm jump: this one is like a long jump but you use it to grab the edge of a wall, or a bar as you jump.

Note: when performing this jump your legs should land slightly before you grab the bar. as you might hurt your knees on the wall. just don't over do it so you don't drop kick the wall.

Tips: this works for precision jump as well as arm jump, when you're not sure if you can execute the jump as the jump might be high for example, go down and practice it from the same distance, if you can cover the distance, that

means you can do it, if you can't maybe you should wait. of course there's always the height difference between the two objects that is important.

Balance: to practice your balance, you can practice it pretty much anytime anywhere, for example you can stand on one leg as you wait for the bus then to the other leg, you can also walk on the road lines (just not in the middle of the road please) there's literally a lot of things you can do to practice your balance.

Now that you know a few movements for parkour try to find places where you can try them (bench, picnic tables, etc). This really depends on your surroundings, as you get better you will also be able to see more things you can do: this is called *The Parkour Vision*. For example where others might see a wall, you might see a wall run, etc..

Black Canary Workout: Advanced Movements to Work In

Some extra movements that you can work in over time include:

- L-Sit Holds
- Handstands
- Handstand Pushups
- Planche Hold
- Iron Cross (and Inverted Version)
- Clap Push Ups (and Handstand Clap Push Ups)
- Ninety Degree Push Ups
- Single Arm Pull Ups
- Human Flag

And many more.