

# HUNTRESS

# WORKOUT ROUTINE



Bonus PDF File  
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# HUNTRESS WORKOUT ROUTINE

## Training Volume:

5+ days a week

## Explanation:

We're going to be training 3 days a week devoted to some endurance, calisthenics, weight circuit and core, and then another 2 days a week devoted to parkour and calisthenics; but you do have the option to add in more long distance endurance training as well.

## Weight Circuit Explanation:

Further explanation is provided in the actual circuits below, but you are to complete one on each training day (not all three on the same day).

## Mixed Martial Arts Explanation:

Feel free to add in extra mixed martial arts training as well, or sub it for your parkour training. I will provide links to MMA styled training resources we have on the site.

## 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.

## **Huntress Workout: Sample Workout Schedule**

**Monday:** Endurance Training, Calisthenics, Weight Circuit and Core

**Tuesday:** Parkour and Calisthenics

**Wednesday:** Endurance Training, Calisthenics, Weight Circuit and Core

**Thursday:** Parkour and Calisthenics

**Friday:** Endurance Training, Calisthenics, Weight Circuit and Core

**Saturday:** Rest Day or Extra Endurance Training

**Sunday:** Rest Day or Extra Endurance Training

## **Huntress Workout: Endurance Training, Calisthenics, Weight Circuit and Core**

**Endurance Training:**

**30 Minutes of Varied Cardio**

*Option Include:*

- Treadmill High Intensity Interval Training
- Bike HIIT
- Steady Incline Walk
- Steady Jog
- High Level Bike

- High Level Row

**Calisthenics:**

Air Squats

4x25

Push Ups (sub Knee Ups)

4x20

Dips (sub Assisted or Chair Dips)

4x15

Shoulder Taps

4x10 each side

Chin Ups

4x5 (sub Assisted or Pike Push Ups w/ more Reps)

**Core Work:**

Hanging or Lying Leg Raises

4x20

Sit Ups or Sit Ups w/ Twist

4x20

Planks or Side Planks

4×60 seconds (or 30 each side)

**Weight Circuit A:**

*The first weight listed is for men, the second is for women.*

**Complete 3 Rounds for Time:**

*Round 1: Complete 21 Reps of Each Movement*

*Round 2: Complete 15 Reps of Each Movement*

*Round 3: Complete 9 Reps of Each Movement*

**Movements:**

- 95/65 lb. Thrusters
- Pull Ups

**Weight Circuit B:**

*The first weight listed is for men, the second is for women.*

**Complete 3 Rounds for Time:**

*Round 1: Complete 21 Reps of Each Movement*

*Round 2: Complete 15 Reps of Each Movement*

*Round 3: Complete 9 Reps of Each Movement*

## **Movements:**

- 225/155 lb. Deadlifts
- Handstand Push Ups

## **Weight Circuit C:**

*The first weight listed is for men, the second is for women.*

## **Complete 3 Rounds for Time:**

*Round 1: Complete 21 Reps of Each Movement*

*Round 2: Complete 15 Reps of Each Movement*

*Round 3: Complete 9 Reps of Each Movement*

## **Movements:**

- 135/95 lb. Cleans
- Ring Dips

## **Huntress Workout: Parkour and Calisthenics**

For this one we're going to be utilizing [The Nightrunner Parkour Workout](#).

The calisthenics training goes like this:

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.\*\**

And for your parkour training and stretching refer to the actual Nightrunner article here:

- [The Nightrunner Parkour Workout Routine](#)

## **Huntress Workout: Mixed Martial Arts Resources**

**SHJ Mixed Martial Arts Styled Routines:**

- [Deathstroke](#)
- [Daredevil](#)
- [Moon Knight](#)
- [Sagat](#)
- [Anna Diop](#)
- [Frank Grillo](#)
- [Ryan Potter](#)