

NIGHTCRAWLER WORKOUT ROUTINE



Bonus PDF File
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NIGHTCRAWLER WORKOUT ROUTINE

Training Volume:

5+ days per week

Explanation:

We're going to train 5 days per week with this bodyweight workout. Three of the days will be formatted around a set and rep scheme with fairly basic movements followed by mini circuits, and the other two days will be long circuits that'll whip your butt. I'll also add some Parkour and MMA resources as well.

Calisthenics / Bodyweight Explanation:

This is part of a calisthenics and bodyweight theme we have going for the next few weeks. I suggest also checking out our new [Ultimate Calisthenics Workout and Guide](#) for [The Ultimate Calisthenics Workout] and tons of other resources and workouts.

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.

Nightcrawler Workout: Sample Workout Schedule

Monday: Basic Calisthenics Training and Mini Circuit A

Tuesday: Super Calisthenics Circuit A

Wednesday: Basic Calisthenics Training and Mini Circuit B

Thursday: Super Calisthenics Circuit B

Friday: Basic Calisthenics Training and Mini Circuit C

Saturday: Rest Day, MMA or Parkour

Sunday: Mandatory Rest Day

Nightcrawler Workout: Basic Calisthenics Training and Mini Circuit A

Warm Up:

Jumping Jacks

2×10

High Knees

2×20

Jumping Lunges

2×5 each leg

Workout A:

Wide Push Ups

4x25

Air Squats

4x20

Dips

4x15

Wide Grip Pull Ups

4x10

Mini Circuit A:

3 Rounds for Time:

5 Burpees

10 Sit Ups

5 Double Unders

10 Inch Worms

5 Jumping Lunges (each leg)

Nightcrawler Workout: Super Calisthenics Circuit A

Warm Up:

Light Yoga/Stretching

Super Circuit A:

3 Rounds for Time:

10 Wide Push Ups

10 Sit Ups

10 Close Push Ups

10 Lying Leg Raises

10 Normal Push Ups

10 V-Ups

10 Pause Push Ups

Nightcrawler Workout: Basic Calisthenics Training and Mini Circuit B

Warm Up:

Jumping Jacks

2x10

High Knees

2x20

Jumping Lunges

2×5 each leg

Workout B:

[Normal] Push Ups

4×25

Pistol Squats

4×20 (10 each leg)

Dips

4×15

Chin Ups

4×10

Mini Circuit B:

3 Rounds for Time:

25 Russian Twists

20 V-Ups

15 Second Superman Hold

10 Sit Ups

Nightcrawler Workout: Super Calisthenics Circuit B

Warm Up:

Light Yoga/Stretching

Super Circuit A:

3 Rounds for Time:

30 Double Unders

20 Pull Ups

10 Clap Push Ups

5 Wall Climbs

Nightcrawler Workout: Basic Calisthenics Training and Mini Circuit C

Warm Up:

Jumping Jacks

2×10

High Knees

2×20

Jumping Lunges

2×5 each leg

Workout C:

Close [Tricep] Push Ups

4×25

Jump Squats

4×20

Dips

4×15

Close Grip (Natural) Pull Ups

4×10

Mini Circuit C:

1 Round for Time:

100 Jump Ropes

50 Sit Ups

40 Second Handstand (Against A Wall)

30 Mountain Climbers

20 Burpees

10 Inch Worms

Nightcrawler Workout: Parkour and MMA Resources

For Parkour we have our go-to option (although, spoiler alert: there's more to come soon):

- [Nightrunner Parkour Workout Routine](#)

And for mixed martial arts we have a good handful of options:

- [Deathstroke Workout Routine](#)
- [Daredevil Workout Routine](#)
- [Moon Knight Workout Routine](#)
- [Sagat Workout Routine](#)
- [Anna Diop Workout Routine and Diet Plan](#)
- [Frank Grillo Workout Routine and Diet Plan](#)
- [Ryan Potter Workout Routine and Diet Plan](#)