

# RED GUARDIAN WORKOUT ROUTINE



Bonus PDF File  
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# RED GUARDIAN WORKOUT ROUTINE

## Training Volume:

6 days per week

## Explanation:

We're going to be building the strength portion of this training around a PPL Split and then we'll also be adding in extra circuit training for agility and endurance, on top of calisthenics and core training which will go nicely with our one long distance training day per week to cap off our endurance work.

## 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.

## Red Guardian Workout: Sample Workout Schedule

**Monday:** Push Day and Interval Training

**Tuesday:** Circuit, Calisthenics and Core

**Wednesday:** Leg Day and Interval Training

**Thursday:** Circuit, Calisthenics and Core

**Friday:** Pull Day and Interval Training

**Saturday:** Long Distance Run, Swim or Row

**Sunday:** Mandatory Rest Day

## **Red Guardian Workout: Push Day and Interval Training**

### **Warm Up:**

5 Min Warm Up Walk – 10 Min Jog – 5 Min Cooldown Walk

### **Workout:**

Bench Press

4×12,10,8,6

Power Cleans

4×6

Single Arm Reverse Cable Pushdowns

3×10 each arm

Seated Arnold Press

3×10

Incline Dumbbell Bench Press

3×10

Single Arm Dumbbell Snatches

3×10 each arm

**Interval Training:**

Complete for 10 Minutes Total

- Start 60 Second Timer:
  - Complete 20 Kettlebell Swings
  - Rest Remaining Duration
  - Repeat for 9 More Minutes

**Red Guardian Workout: Circuit, Calisthenics and Core**

**Calisthenics:**

Push Ups

4×25

Air Squats

4×20

Dips

4×15

Pull Ups

4×10

**Core:**

Sit Ups

4x20

Leg Raises (Hanging or Lying)

4x20

Planks

4x60 seconds

**Circuit:**

Round One:

Jog 1 Minute

21 Box Jumps

21 Kettlebell Deadlifts

Round Two:

Jog 45 Seconds

15 Box Jumps

15 Kettlebell Deadlifts

Round Three:

Jog 30 Seconds

9 Box Jumps

9 Kettlebell Deadlifts

## **Red Guardian Workout: Leg Day and Interval Training**

### **Warm Up:**

5 Min Warm Up Walk – 10 Min Jog – 5 Min Cooldown Walk

### **Workout:**

Back Squats

4×12,10,8,6

Barbell Glute Bridges

4×6

Straight Leg Deadlifts

3×10

Bulgarian Split Squats

3×10 each leg

Seated or Standing Calf Raises

3×10

Leg Press

3×10

### **Interval Training:**

Complete for 10 Minutes Total

- Start 60 Second Timer:
  - Complete 15 Dumbbell Thrusters
  - Rest Remaining Duration
  - Repeat for 9 More Minutes

## **Red Guardian Workout: Circuit, Calisthenics and Core**

### **Calisthenics:**

Push Ups

4×25

Air Squats

4×20

Dips

4×15

Pull Ups

4×10



**Core:**

Sit Ups

4x20

Leg Raises (Hanging or Lying)

4x20

Planks

4x60 seconds

**Circuit:**

Round One:

Jog 1 Minute

21 DB Clean and Press

21 Burpees

Round Two:

Jog 45 Seconds

15 DB Clean and Press

15 Burpees

Round Three:

Jog 30 Seconds

9 DB Clean and Press

9 Burpees

## **Red Guardian Workout: Pull Day and Interval Training**

### **Warm Up:**

5 Min Warm Up Walk – 10 Min Jog – 5 Min Cooldown Walk

### **Workout:**

Deadlift

4×12,10,8,6

Bent Over Rows

4×6

Single Arm Concentration Curls

3×10 each arm

Chin Ups

3×10

Wide Grip Lat Pulldowns

3×10

Preacher Curls

3×10

**Interval Training:**

Complete for 10 Minutes Total (Including Breaks)

- Start 60 Second Timer:
  - Complete 30 Seconds of Push Ups
  - Rest Remaining Duration
  - Repeat for 9 More Minutes

**Red Guardian Workout: Long Distance Run, Swim or Row**

*I suggest switching it up, but it is okay if you'd like to continue training just one of the three options below.*

- **Run:** 5k (3.1 Miles)
- **Row:** 5k (3.1 Miles)
- **Swim:** 1600m