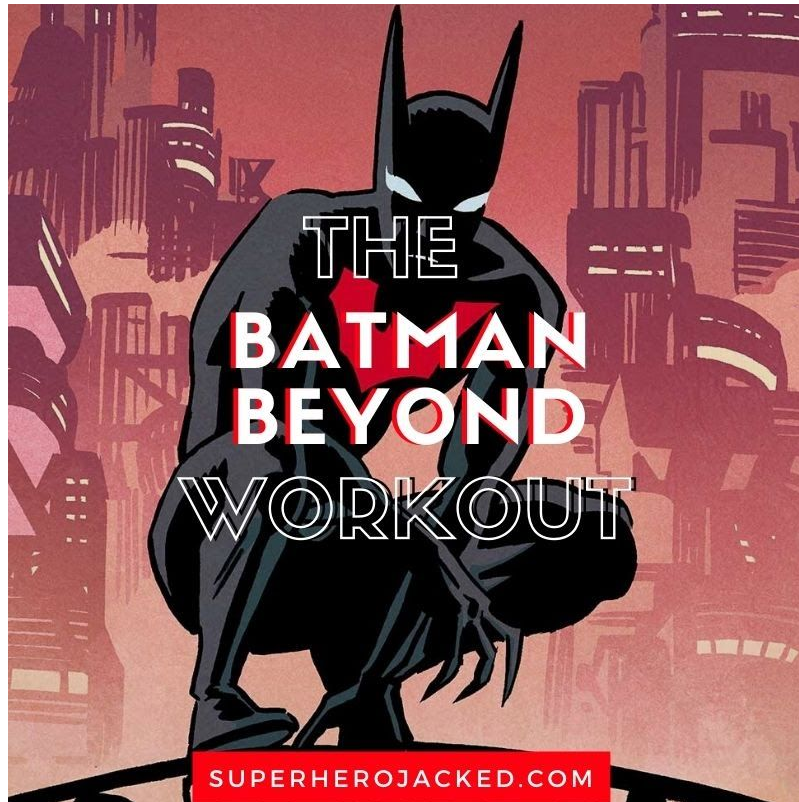


BATMAN BEYOND WORKOUT ROUTINE



Bonus PDF File
By: Mike Romaine

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The information provided in this book is based upon my experiences as well as my interpretations of the current research available.

The advice and tips given in this course are meant for healthy adults only. You should consult your physician to insure the tips given in this course are appropriate for your individual circumstances.

If you have any health issues or pre-existing conditions, please consult with your physician before implementing any of the information provided in this course.

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BATMAN BEYOND WORKOUT ROUTINE

Training Volume:

5 days per week

Explanation:

We're going to be training with 3 days of full body calisthenics training with a bit of interval training and then we'll also have 2 days worth of circuit training with some small work for our endurance.

I will also be providing Mixed Martial Arts resources available on the site so you can choose to sprinkle them into the routine as you wish.

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.

Batman Beyond Workout: Sample Workout Schedule

Monday: HIIT and Calisthenics A

Tuesday: Endurance Work and Circuit A

Wednesday: HIIT and Calisthenics B

Thursday: Endurance Work and Circuit B

Friday: HIIT and Calisthenics C

Saturday: Rest Day or MMA or Parkour Work

Sunday: Mandatory Rest Day

Batman Beyond Workout: HIIT and Calisthenics A

Warm Up:

High Knees x 20

Butt Kickers x 20

Jumping Jacks x 20

HIIT Cardio:

20-30 Minutes of Interval Training:

1 Minute ON: Sprint 6-10 MPH

1 Minute OFF: Walk 2-3.5 MPH

Calisthenics A:

Push Up

4×25

Air Squats

4×20

Dips

4×15

Lunges

4×10 each leg

Chin Ups

4×8

Core:

Sit Ups

3×25

Lying Leg Raises

3×20

Batman Beyond Workout: Endurance and Circuit A

Endurance work can be done before or after your circuit. I generally recommend after.

Circuit A:

2 Rounds/No Breaks Between Rounds

100 Jump Ropes

50 Mountain Climbers

40 Push Ups

30 Jump Squats

20 Dips

10 Burpees

5 Pull Ups

Endurance Work:

Burn 150 Calories with Varied Cardio or Run 3.1 Miles

Batman Beyond Workout: HIIT and Calisthenics B

Warm Up:

High Knees x 20

Butt Kickers x 20

Jumping Jacks x 20

HIIT Cardio:

20-30 Minutes of Interval Training:

1 Minute ON: Sprint 6-10 MPH

1 Minute OFF: Walk 2-3.5 MPH

Calisthenics B:

Plank to Push Ups

3×20

Pistol Squats

3×10 each leg

Pike Push Ups

3×10

L-Sit Holds

3×30 Seconds

Wall Sits

3×60 Seconds

Core:

Bicycle Crunches

3×30

Hanging Knee Raises w/ Twist

3×20

Batman Beyond Workout: Endurance and Circuit B

Endurance work can be done before or after your circuit. I generally recommend after.

Circuit A:

3 Rounds/1 Minute Break Between Rounds

25 Double Unders

50 Crunches

25 Shoulder taps

50 Jumping Jacks

25 Explosive Push Ups

50 Second Hollow Hold

25 Jumping Lunges

Endurance Work:

Burn 150 Calories with Varied Cardio or Run 3.1 Miles

Batman Beyond Workout: HIIT and Calisthenics C

Warm Up:

High Knees x 20

Butt Kickers x 20

Jumping Jacks x 20

HIIT Cardio:

20-30 Minutes of Interval Training:

1 Minute ON: Sprint 6-10 MPH

1 Minute OFF: Walk 2-3.5 MPH

Calisthenics C:

Wide to Close Push Ups

3×20

Bulgarian Split Squats

3×10 each leg

Wide Grip Pull Ups

3×10

Tricep Extensions (Bodyweight)

3×25

Planks

3×60 Seconds

Core:

V-Ups

3×25

Lying Leg Raises

3×20

Flutter Kicks

3×20

Batman Beyond Workout: Mixed Martial Arts or Parkour

Mixed Martial Arts Resources

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

Parkour Training Resource

- [Nightrunner Workout Routine](#)
 - This Nightrunner Workout has both Calisthenics AND Parkour for you.