

# BLUEBIRD WORKOUT ROUTINE



Bonus PDF File  
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# **BLUEBIRD**

# **WORKOUT ROUTINE**

## **Training Volume:**

3-5 days per week

## **Explanation:**

We're going to be doing some light cardio and calisthenics at least 3 days per week, and then we'll also be [hopefully] completing extra long cardio another two days a week.

I say *hopefully* because the extra cardio is optional, but I do recommend it.

## **Explanation Two:**

The total reps within your calisthenics training are to be done as a tally for the entire day. You can complete them in one go using reps and sets to get through them, you can complete them as supersets, a big circuit (or two), or even just sporadically training throughout the day.

## **Extra PSA:**

In case you missed it: this workout is going to be built with beginners in mind.

## **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.

## **Bluebird Workout: Sample Workout Schedule**

**Monday:** Calisthenics Training

**Tuesday:** Extra Cardio

**Wednesday:** Calisthenics Training

**Thursday:** Extra Cardio

**Friday:** Calisthenics Training

**Saturday:** Active Rest Day

**Sunday:** Mandatory Rest Day

## **Bluebird Workout: Calisthenics Training**

**Warm Up:**

Foam Roll

5-10 Minutes

**Cardio:**

30 Minute Bike Ride

**Calisthenics Workout:**

Pushups

*\*\*Scale to Knee Push Ups or Pause Push Ups\*\**

Super Beginner: 25 Reps

Beginner: 50 Reps

Dips

*\*\*Scale with Bench or Chair\*\**

Beginner: 25 Reps

Advanced: 50 Reps

Sit-ups

Beginner: 50 Reps

Advanced: 100 Reps

Lying Leg Raises

*\*\*Scale with bent legs\*\**

Beginner: 25 Reps

Advanced: 50 Reps

Chin-ups

*\*\*Scale with Pike Push Ups or Assisted Chin Ups\*\**

Beginner: 25 Reps

Advanced: 50 Reps

## **Bluebird Workout: Extra Cardio**

For your optional training days I recommend getting in some cardio.

I'll give you some options, and you can even switch it up and vary it every 15-20 minutes if you'd like, but your task is to complete 60 total minutes.

### **Complete 60 Minutes of Varied Cardio:**

- Bike (High Intensity)
- Row
- High Incline Walk
- Jog
- StairMaster
- Elliptical

And, because we're talking about a hero here, I do also want to share some extra mixed martial arts resources we have on the site.

Here's a list of them:

- [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](#)