

BLUEBIRD WORKOUT ROUTINE



Bonus PDF File
By: **Mike Romaine**

Copyright Notice

No part of this report may be reproduced or transmitted in any form whatsoever, electronic, or mechanical, including photocopying, recording, or by any informational storage or retrieval system without expressed written, dated and signed permission from the author. All copyrights are reserved.

Disclaimer and/or Legal Notices

The information provided in this book is for educational purposes only. I am not a doctor and this is not meant to be taken as medical advice.

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.

This product is for informational purposes only and the author does not accept any responsibilities for any liabilities or damages, real or perceived, resulting from the use of this information.

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](#)