

# CIRQUE DU SOLEIL WORKOUT ROUTINE



Bonus PDF File  
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# CIRQUE DU SOLEIL WORKOUT ROUTINE

## Training Volume:

3-5+ days per week

## Volume Explanation:

Both athletes seem to be working with an extreme amount of training and conditioning volume to their regime, but as a base recommendation it would be smart to train around 3-5 days a week and rest 2-4 in order to allow your muscles to recover properly; especially if this level of training is new to you.

## Training Explanation:

I'll be giving a breakdown of Vitor Silva Dos Santos full routine that he and his coach shared, and also a rundown of Haley's typical training with sources to help you build off what she shares.

## 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.

## Cirque du Soleil Workout Routine: Vitor Silva Dos Santos Workout

Warm Up:

High Knees x 20

Butt Kicks x 20

Jumping Jacks x 20

Air Squats x 20

Twisting Heel Touch (Wide Leg/Arms Wide for Twist) x 10 each side

Giant Lunge w/ Opposite Arm Straight Up x 15 second hold

Giant Lunge w/ Both Arms Planted In Front x 15 second hold

Hamstring Stretch x 15 second

**Workout:**

One Arm KB Deadlift into Reverse Lunge

3×6

KB Goblet Squat

3×12

Foam Roll Plank (Foam Roller under Legs, Roll In and Out During Plank)

3×20

**Conditioning and Stamina:**

*Each Session Starts at a 5 Minute Increment (5, 10, 15):*

### **Session One:**

Squat Press with Dumbbells x 15 reps

DB Deadlift into Bent Over Rows x 10 reps

Complete 3 Sets Total within 5 Minutes

### **Session Two:**

Kettlebell Swings x 15

Burpees x 10

Complete 3 Sets Total within 5 Minutes

### **Session Three:**

Accumulate 2 Minutes of an L-Sit Hold within your 5 Minutes

*You can sub with a Hollow Hold (Reverse Superman Hold)*

## **Cirque du Soleil Workout Routine: Haley Vioria Typical Training Day**

We talked a bit about Vioria's training regime within the article itself, and even paired it with her diet, but now I'll break it down a bit more here and give you guys some resources if you'd like to step it up a notch.

Here's what she tells us about her Warm Up:

## **WARM UPS**

*I begin my sessions with some stretching, splits, bridges, and a gymnastics-style warm up. Then I'll start my handstand routine. This can last from an hour to an hour and a half, depending on whether I'm trying to progress or work on maintenance and alignment.*

I also shared that most of her training is bodyweight and that she doesn't like to divide it up into a leg, arm or ab day specifically.

She mentions:

*So, for handstands I'll practice the hold with weights on my legs or weights around my waist.*

If you want to do more training with calisthenics and bodyweight training I suggest checking out our article titled: [The Ultimate Calisthenics Workout & Guide](#).

There's tons of different routines that cover this, and we've even seen some gymnast training regimes plugged into character workouts like [Puck](#) and [Black Canary](#).

On top of this training Haley also mentions circuit training at the end of her performance (which would be what I would consider conditioning and endurance training as she also mentions).

For this you can utilize tons of different circuit workouts we've seen within our [Workout Database](#), and I even share a good handful within that Ultimate Guide I mentioned above.