

PUCK WORKOUT ROUTINE



Bonus PDF File
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PUCK WORKOUT ROUTINE

Training Volume:

5+ days per week

Explanation:

I'm going to be programming you a calisthenics and acrobatic style routine, but I'll also share a 3 day per week weightlifting routine that can easily be paired with it if you want to include weightlifting for enhanced strength gain.

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.

Puck Workout: Sample Workout Schedule

This sample schedule does not include the weightlifting schedule. You would have to use that schedule specifically and then add this training on top of it where you feel fit.

Monday: Gymnast Morning, Upper Body Calisthenics and Flexibility

Tuesday: Yoga/Stretching/Flexibility, Holds, and Cardio

Wednesday: Gymnast Morning, Full Body Calisthenics and Flexibility

Thursday: Yoga/Stretching/Flexibility, Holds, and Cardio

Friday: Gymnast Morning, Lower Body Calisthenics and Flexibility

Saturday: Rest Day, MMA or Parkour

Sunday: Mandatory Rest Day

Puck Workout: Gymnast Morning, Upper Body Calisthenics and Flexibility

Morning Warm Up:

This is literally one of Paul Ruggeri, a former Team USA gymnast's morning routines.

5 min light cardio

Stretch:

3 splits 1 min each

Pancake for 1 minute

Bridge for 1 minute

Toe Touch for 1 minute

Core Circuit:

30 Pike-Ups

30 Superman Pulses

30 Push-Ups (Regular, Diamond, Wide)

1 Minute Hollow Hold

1 Minutes Superman Hold

30 Sit Ups

2×30 Side Plank Pulses

Calisthenics Workout:

Warm Up:

Push Ups – 40

Tricep Extensions (Bodyweight) – 30

Jumping Jacks – 60

Workout:

Handstand Push Ups (Scale to Pike)

5×10

Bench Dips

3×50

Burpees

8×10

In and Outs (Abs)

8×20

Evening Flexibility Training:

15-30 Minutes Stretching or Yoga

Puck Workout: Flexibility, Holds and Cardio

These can be done as three separate things throughout your day, or in one training session.

Flexibility:

30-60 Minutes of Yoga, Flexibility Training or Stretching

Cardio:

Complete 30-60 Minutes of Varied Cardio:

- Treadmill Run
- Incline Treadmill Walk
- Bike
- Row
- Stair Master
- Elliptical

Hold Practice:

Wall Climb to Static Handstand Hold

10×30 Seconds

Pull Up/Chin Up Holds (Hold at Top)

5×30 Seconds

L Sit Holds

5×30 Seconds

Reverse Superman Hold

5×30 Seconds

Ring Dip Hold

5×30 Seconds

Crow Pose

5×10-20 Seconds

Puck Workout: Gymnast Morning, Full Body Calisthenics and Flexibility

Morning Warm Up:

This is literally one of Paul Ruggeri, a former Team USA gymnast's morning routines.

5 min light cardio

Stretch:

3 splits 1 min each

Pancake for 1 minute

Bridge for 1 minute

Toe Touch for 1 minute

Core Circuit:

30 Pike-Ups

30 Superman Pulses

30 Push-Ups (Regular, Diamond, Wide)

1 Minute Hollow Hold

1 Minutes Superman Hold

30 Sit Ups

2×30 Side Plank Pulses

Calisthenics Workout:

Complete 3 Times – Break only if needed between rounds.

Close Grip Skull Crushers (Bodyweight Against Bed/Bench)

20 reps

Clap / Explosive Push Ups

15 reps

Elevated Pike Push Ups

15 reps

Burpees

10 reps

Pistol Squats

10 reps each leg

Bicycle Crunches

30 reps

Plank to Push Ups

20 reps

Evening Flexibility Training:

15-30 Minutes Stretching or Yoga

Puck Workout: Flexibility, Holds and Cardio

****These can be done as three separate things throughout your day, or in one training session.****

Flexibility:

30-60 Minutes of Yoga, Flexibility Training or Stretching

Cardio:

Complete 30-60 Minutes of Varied Cardio:

- Treadmill Run
- Incline Treadmill Walk
- Bike
- Row
- Stair Master
- Elliptical

Hold Practice:

Wall Climb to Static Handstand Hold

10×30 Seconds

Pull Up/Chin Up Holds (Hold at Top)

5×30 Seconds

L Sit Holds

5×30 Seconds

Reverse Superman Hold

5×30 Seconds

Ring Dip Hold

5×30 Seconds

Crow Pose

5×10-20 Seconds

Puck Workout: Gymnast Morning, Lower Body Calisthenics and Flexibility

Morning Warm Up:

This is literally one of Paul Ruggeri, a former Team USA gymnast's morning routines.

5 min light cardio

Stretch:

3 splits 1 min each

Pancake for 1 minute

Bridge for 1 minute

Toe Touch for 1 minute

Core Circuit:

30 Pike-Ups

30 Superman Pulses

30 Push-Ups (Regular, Diamond, Wide)

1 Minute Hollow Hold

1 Minutes Superman Hold

30 Sit Ups

2×30 Side Plank Pulses

Calisthenics Workout:

Complete 3 Times – Break only if needed between rounds.

Jump Squats

20 reps

Sumo Walks

20 reps

Curtsy Lunges

10 each side

Box Jumps

12 reps

Alternating Toe Taps

20 reps

Pistol Squats

10 each leg

Calf Raises

20 reps

Back and Forth Lunges

5 each leg

Evening Flexibility Training:

15-30 Minutes Stretching or Yoga

Puck Workout: The Weightlifting Schedule

This is being shared from our [Red Hulk routine](#). A complete breakdown of HOW you will run this program with in-depth explanation, please visit [the full article here](#).

Day One Squat, Bench, BB Row and Assistance

Compound Lifts:

Squat

1×5*

Bench

1×5

Bent Over Rows

1×5

Assistance Work:

2 Sets of Weighted Hyperextensions

4 Sets of Weighted Sit Ups

Day Two: Squat, Incline or Military Press, Deadlift and Assistance

Compound Lifts:

Squat

2×5*

Overhead Press

1×5

Deadlifts

1×5, 1×5

Assistance Work:

3 Sets of Sit Ups

Day Three: Squat, Bench Press, BB Row and Assistance

Compound Lifts:

Squat

1×3*

Bench Press

1×3

Bent Over Rows

1×3

Assistance Work:

3 Sets of Weighted Dips (5-8 rep range)

3 Sets of Barbell Curls

3 Sets of Tricep Extensions (8 reps)