

SPIDER-MAN 2099 WORKOUT ROUTINE



Bonus PDF File
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SPIDER-MAN 2099 WORKOUT ROUTINE

Training Volume:

5+ days per week

Explanation:

For this one we're sticking to bodyweight training but we're going to be focusing in on progressive overload to make sure we're hitting fatigue and really growing the muscles! We'll be also incorporating high intensity interval training and endurance work as well.

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.

Spider-Man 2099 Workout: Sample Workout Schedule

Monday: Calisthenics Work and High Intensity Interval Training

Tuesday: Long Endurance Work

Wednesday: Calisthenics Work and High Intensity Interval Training

Thursday: Medium Endurance Work and Holds (and Optional Parkour Addons)

Friday: Calisthenics Work and High Intensity Interval Training

Saturday: Rest Day or MMA or Parkour Work

Sunday: Mandatory Rest Day

Spider-Man 2099 Workout: Calisthenics Work and High Intensity Interval Training

Warm Up:

Jump Rope

3×50

Lunges

3×5 each leg

Spider-Man Push Ups

3×10

Workout:

Push Ups

4x25

Air Squats

4x20

Sit Ups

4x20

Dips

4x15

Inch Worms

4x10

Chin Ups

4x8

High Intensity Interval Training:

20-30 Minutes Total:

30 Second ON: SPRINT for 30 Seconds

90 Seconds OFF: Walk for 90 Seconds

Progressive Overload:

Make sure you are continuously adding overall reps and reps per set to continue making progress and make sure you are consistently hitting fatigue.

Spider-Man 2099 Workout: Long Endurance Work

Beginner: Run 3 Miles

Intermediate: Run 3-5 Miles

Advanced: Run 5+ Miles

Spider-Man 2099 Workout: Medium Endurance Work and Holds (and Optional Parkour Addons)

Medium Endurance Work:

30-60 Minutes of Varied Cardio

Hold Work:

L-Sit Holds

3×30 Seconds

Planks

3×60 Seconds

Hollow Hold:

3×30 Seconds

Superman Hold

3×30 Seconds

Optional Parkour Work:

[Nightrunner Parkour Workout](#)