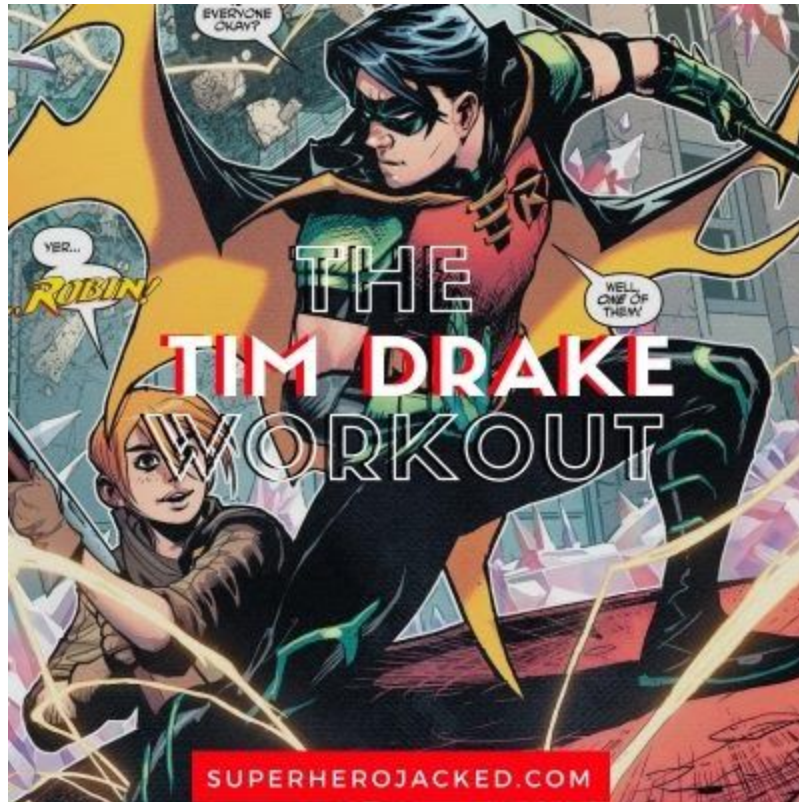


# TIM DRAKE WORKOUT ROUTINE



Bonus PDF File  
By: Mike Romaine

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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.

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# TIM DRAKE WORKOUT ROUTINE

## Training Volume:

6 Days Per Week

## Explanation:

We're going to be revolving this one around a split we normally don't utilize with our calisthenics training, but we'll be doing an upper, low, full body split, with core, holds and cardio in there as well.

I will also be providing Mixed Martial Arts resources available on the site so you can choose to sprinkle them into the routine as you wish.

## 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.

## Tim Drake Workout: Sample Workout Schedule

**Monday:** Upper Body Calisthenics and Core

**Tuesday:** Long Cardio, Holds and Optional MMA

**Wednesday:** Lower Body Calisthenics and Core

**Thursday:** Long Cardio, Holds and Optional MMA

**Friday:** Full Body Calisthenics and Core

**Saturday:** Long Cardio, Holds and Optional MMA

**Sunday:** Mandatory Rest Day

## **Tim Drake Workout: Upper Body Calisthenics and Core**

### **Warm Up:**

Foam Roll

5-10 minutes

Jump Rope

3×100

### **Choice of Cardio:**

- 30 min Bike Ride
- 20 min Elliptical
- 15 min Incline Walk

**Workout:**

Regular Push Ups

3×20

Diamond/Close Push Ups

3×20

Dips

3×15

Chin Ups

3×10

Wide Pull Ups

3×5

Plank to Push Up

3×25

Tricep Extensions (Bodyweight)

3×15

**Core:**

Lying or Hanging Leg Raises

3×20

Sit Ups

3×20

## **Tim Drake Workout: Lower Body Calisthenics and Core**

### **Warm Up:**

Foam Roll

5-10 minutes

Jump Rope

3×100

### **Choice of Cardio:**

- 30 min Bike Ride
- 20 min Elliptical
- 15 min Incline Walk

### **Workout:**

Air Squats

3×25

Lunges

3×20 (total)

Glute Bridges

3×15

Jump Squats

3×10

Pistol Squats or Practice

3×5 each leg

Calf Raises

3×25

**Core:**

Lying or Hanging Leg Raises

3×20

V-Ups

3×20

## **Tim Drake Workout: Full Body Calisthenics and Core**

**Warm Up:**

Foam Roll

5-10 minutes

Jump Rope

3×100

**Choice of Cardio:**

- 30 min Bike Ride
- 20 min Elliptical
- 15 min Incline Walk

**Workout:**

Push Ups

4×25

Air Squats

4×25

Dips

4×15

Pull Ups

4×10

Wall Climbs



4×5

Wall Sit

3×60 seconds

**Core:**

Lying or Hanging Leg Raises

3×20

Suitcases

3×20

**Tim Drake Workout: Long Cardio, Holds and Optional MMA**

**Warm Up:**

Foam Roll

5-10 minutes

**Long Cardio Choices:**

- 90 min Bike
- 75 min Elliptical
- 60 min High Incline Walk
- 45 min Row

**Holds Workout:**

Superman Hold

3×30 seconds

L-Sit Hold

3×30 seconds

Handstand Static Wall Hold (Climb and Hold)

3×30 seconds

Reverse Superman Hold

3×30 seconds

Plank Hold

3×60 seconds

Side Plank

3×30 seconds each side

### **Mixed Martial Arts Resources:**

If you're going to train like a hero, you may also want to check out some martial arts resources we have on the site as well.

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](#)