

DARTH MAUL WORKOUT ROUTINE



Bonus PDF File
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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.

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DARTH MAUL WORKOUT ROUTINE

Training Volume:

5+ days per week

Explanation:

We'll be mixing calisthenics with strength, endurance and even lightsaber training for this one. You have a 3 day split of calisthenics and then option parkour and extra training to add in, including Yoda's lightsaber training!

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.

Darth Maul Workout: Sample Workout Schedule

Monday: Upper Body and Core Focused Calisthenics

Tuesday: Cardio, Lightsaber Training, Parkour and Optional MMA

Wednesday: Full Body Calisthenics Training

Thursday: Cardio, Lightsaber Training, Parkour and Optional MMA

Friday: Lower Body and Core Focused Calisthenics

Saturday: Jump Rope Endurance Work

Sunday: Mandatory Rest Day

I will share resources for your Cardio, Lightsaber Training, Parkour and Optional MMA at the end with your Jump Rope Circuit.

Darth Maul Workout: Upper Body and Core Focused Calisthenics

Warm Up:

2×10 Inch Worms

2×10 Jumping Jacks

Workout:

Circuit One:

21 Handstand Push Ups

21 Hanging Leg Raises

15 Handstand Push Ups

15 Hanging Leg Raises

9 Handstand Push Ups

9 Hanging Leg Raises

Calisthenics Circuit:

Scale this by completing them as sets, or supersets, instead of a circuit.

Complete 4 Rounds

25 Push Ups

15 Dips

10 Chin Ups (Swap with Pull Ups occasionally)

5 Burpees

Core Circuit Finisher:

6 Minute Tabata (20 Seconds of Work, 10 Seconds Rest)

Complete 2 Rounds

Bicycle Crunches

Forearm Plank

Sit Ups

Hollow Hold

V-Ups

Superman Hold

Darth Maul Workout: Full Body Calisthenics Training

Workout:

1 Mile Run

100 Pull Ups

200 Push Ups

300 Squats

1 Mile Run

While wearing a 20 lb. weighted vest.

For scaling help check out [*The Ultimate Calisthenics Workout & Guide.*](#)

Darth Maul Workout: Lower Body and Core Focused Calisthenics

Warm Up:

2×10 Inch Worms

2×10 Jumping Jacks

Workout:

Circuit:

Complete 3 Rounds

50 Goblet Squats

40 Glute Bridges

30 Weighted Walking Lunges

20 Box Jumps

10 Pistols Each Leg

Core Circuit Finisher:

6 Minute Tabata (20 Seconds of Work, 10 Seconds Rest)

Complete 2 Rounds

Mountain Climbers

Planking Shoulder Taps

Suitcases

Plank to Push Ups

Lying Leg Raises

L-Sit

Darth Maul Workout: Jump Rope Endurance Work

Complete 5 Rounds

- 30 Jump Ropes
- 20 Air Squats
- 30 Jump Ropes
- 20 Plank Shoulder Taps
- 30 Jump Ropes
- 20 Plank to Push Ups
- 30 Jump Ropes

- 20 Sit Ups

Darth Maul Workout: Cardio, Lightsaber Training, Parkour and Optional MMA

Cardio Training:

- Level One: Run 1-3 Miles
- Level Two: Run 3-5 Miles
- Level Three: Run 5+ Miles