

# DIEGO HARGREEVES WORKOUT ROUTINE



Bonus PDF File  
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# DIEGO HARGREEVES WORKOUT ROUTINE

## Training Volume:

5+ days per week

## Explanation:

For this one we're going to be working with parkour and calisthenics. We'll be training with calisthenics and intensity three days (as well as parkour being an optional addition), and then we'll be utilizing mixed martial arts, swimming and calisthenics another 2-3 days as well.

## 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.

## Diego Hargreeves Workout: Sample Workout Schedule

**Monday:** Calisthenics, Parkour and Intensity A

**Tuesday:** Mixed Martial Arts, Swimming, Calisthenics and/or Parkour

**Wednesday:** Calisthenics, Parkour and Intensity B

**Thursday:** Mixed Martial Arts, Swimming, Calisthenics and/or Parkour

**Friday:** Calisthenics, Parkour and Intensity C

**Saturday:** Active Rest Day

**Sunday:** Rest Day

## **Diego Hargreeves Workout: Calisthenics, Parkour and Intensity A**

**Warm Up:**

Swim 400m

**Workout:**

*Superset A:*

Push Ups

3×25

Double Unders

3×25

Close Push Ups

3×25

*Superset B:*

Pull Ups

3×10

Box Jumps

3×10

Chin Ups

3×10

*Superset C:*

Jump Squats

3×15

Dips (Use Chair to Scale)

3×15

Jumping Lunges

3×10 each leg

**Blowout Circuit (No Break Between Rounds):**

20 Mountain Climbers

20 Close to Wide Push Ups

15 Mountain Climbers

15 Close to Wide Push Ups

10 Mountain Climbers

10 Close to Wide Push Ups

## **Diego Hargreeves Workout: Calisthenics, Parkour and Intensity B**

### **Warm Up:**

Swim 400m

### **Workout:**

#### *Superset A:*

Push Ups

3×20

Mountain Climbers

3×30

Plank to Push Ups

3×15

#### *Superset B:*

Wide Grip Pull Ups

3×5

Jumping Lunges

3×10

Wide Push Ups

3×20

*Superset C:*

Pause Squats

3×20

Triangle Push Ups

3×10

Glute Bridges

3×20

**Blowout Circuit (No Break Between Rounds):**

3 Rounds for Time

20 Double Unders

20 Shoulder Taps

20 Second Hollow Hold

20 V-Ups

# Diego Hargreeves Workout: Calisthenics, Parkour and Intensity C

## Warm Up:

Swim 400m

## Workout:

### *Superset A:*

Push Ups

4x25

Burpees

4x5

### *Superset B:*

Pull Ups

4x10

Bodyweight Rows

4x10

### *Superset C:*

Air Squats



4×25

Dips (Use Chair to Scale)

4×20

### **Blowout Circuit (No Break Between Rounds):**

2 Rounds for Time

50 Double Unders

50 Pike Push Ups

50 Pistol Squats (Total)

50 Second Forearm Plank

### **Diego Hargreeves Workout: Swimming Workout**

Speedo Beginner Workout Routine: [Click here](#).

### **Diego Hargreeves Workout: Parkour Resources**

- [The Nightrunner Parkour Workout Routine](#)
- [The Assassin's Creed Parkour Workout Routine](#)
- [The Robbie Amell Parkour Workout Routine](#)

### **Diego Hargreeves Workout: Mixed Martial Arts Resources**

- [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](#)