

STARGIRL 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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STARGIRL WORKOUT ROUTINE

Training Volume:

5 days per week

Explanation:

For this one I'm going to be building you a routine that is compromised around 3 days of calisthenics circuits to build strength and speed, while also adding in high intensity interval sprints to work on endurance and even more speed. On top of that I'll be giving you mixed martial arts and parkour resources to use the other 2 days a week, but I'll also provide a jump rope circuit to complete any time you cannot hit the MMA or Parkour.

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.

Stargirl Workout: Sample Workout Schedule

Monday: HIIT and Calisthenics Circuit A

Tuesday: MMA, Parkour or Jump Rope Circuit

Wednesday: HIIT and Calisthenics Circuit B

Thursday: MMA, Parkour or Jump Rope Circuit

Friday: HIIT and Calisthenics Circuit C

Saturday: Active Rest Day (Get Active or Track Steps to 10K+)

Sunday: Rest Day

Stargirl Workout: HIIT and Calisthenics A

High Intensity Interval Sprints: Row

Complete 20-30 Minutes of HIIT Rowing

Formatting:

- 1 Minute ON: Row at 80-90% Intensity
- 1 Minute OFF: Row at 50-60% Intensity

Calisthenics Circuit A:

Complete 3 Rounds

50 Mountain Climbers

40 Lying Leg Raises

30 Glute Bridges

20 Thrusters with Resistance Bands or Light Weight

10 Burpees

Stargirl Workout: HIIT and Calisthenics B

High Intensity Interval Sprints: Bike

Complete 20-30 Minutes of HIIT Bike

Formatting:

- 90 Seconds ON: Bike at Level 7-10 with RPMs above 100
- 30 Seconds OFF: Bike at Level 3-5 with RPMs steady 30+

Calisthenics Circuit A:

Complete 2 Rounds

15 Pike Push Ups

20 Jump Squats

25 Sit Ups

30 Jumping Jacks

25 Chair Dips

20 Second Hollow Hold

15 Supermans

Stargirl Workout: HIIT and Calisthenics C

High Intensity Interval Sprints: Bike

Complete 20-30 Minutes of HIIT Bike

Formatting:

- 30 Seconds ON: Sprint at Near 100% for 30 Seconds
- 90 Seconds OFF: Cooldown for 90 Seconds

Calisthenics Circuit A:

Complete 5 Rounds

5 Push Ups

5 Air Squats

5 Pike Push Ups

5 Lunges each leg

5 Hanging Leg Raises

Stargirl Workout: Jump Rope HIIT Workout

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

Stargirl Workout: Mixed Martial Arts and Parkour Resources

Mixed Martial Arts Routines

- [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](#)

Parkour Training Resources:

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