

# STARMAN WORKOUT ROUTINE



Bonus PDF File  
By: **Mike Romaine**

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# STARMAN WORKOUT ROUTINE

## Training Volume:

5 days per week

## Explanation:

Like we did for Stargirl, you're going to be training 3 times a week with our base training schedule and then the other 2 days a week are going to come from outside resources, which include Parkour, Mixed Martial Arts and/or Endurance Training. I'll share the resources and if you can't complete them then you hit a long distance run, bike or row instead.

## 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.

## Starman Workout: Sample Workout Schedule

**Monday:** Calisthenics, Core, Holds and Circuit A

**Tuesday:** Mixed Martial Arts and/or Parkour

**Wednesday:** Calisthenics, Core, Holds and Circuit A

**Thursday:** Mixed Martial Arts and/or Parkour

**Friday:** Calisthenics, Core, Holds and Circuit A

**Saturday:** Mixed Martial Arts and/or Parkour (or Rest)

**Sunday:** Rest Day

## **Starman Workout: Calisthenics, Core, Holds and Circuit A**

### **Warm Up:**

2×50 High Knees

2×50 Butt Kickers

2×100 Jump Rope

### **Base Calisthenics:**

Wide to Close Push Ups

4×20

Jump Squats

4×20

Wide Grip Pull Ups

4×8

### **Core:**

Lying Leg Raises with Hip Thrust

4x20

Bicycle Crunches

4x30

**Holds:**

Hollow Holds

4x30 seconds

Wall Sit

4x30 seconds

**Circuit:**

*Complete 3 Rounds*

10 Double Unders

5 Burpees

10 Jumping Lunges

5 Jumping Jacks

10 Mountain Climbers

**Starman Workout: Calisthenics, Core, Holds and Circuit B**

**Warm Up:**

Jog 800m

**Base Calisthenics:**

Standard Push Ups

5×30

Pause Squats

3×20

Handstand Push Ups

4×10

**Core:**

Hanging Knee Raises w/ Twist

4×20

Weighted Sit Ups

4×30

**Holds:**

Standard Plank

3×60 seconds

L-Sit

4×30 seconds

**Circuit:**

*20-15-10 (3 Rounds Descending Reps)*

Thrusters w/ Resistance Band or Light Weight

Burpees

**Starman Workout: Calisthenics, Core, Holds and Circuit C**

**Warm Up:**

2×50 High Knees

2×50 Butt Kickers

2×100 Jump Rope

**Base Calisthenics:**

Clap Push Ups

4×20

Lunges

4×20 [10 each leg]

Dips

4×10

**Core:**

Hanging Leg Raises

4x20

V-Ups

4x25

**Holds:**

Side Planks

4x30 seconds each side

Handstand Hold

4x30 seconds

**Circuit:**

*Complete 3 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



# Starman Workout: Mixed Martial Arts, Parkour and Endurance 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](#)

## Running Based Celebrity and Character Workouts

- [Constance Wu Workout Routine and Diet Plan](#)
- [Ewan McGregor Workout Routine and Diet Plan](#)
- [Kid Flash Workout Routine and Diet Plan](#)
- [Grant Gustin Workout Routine and Diet Plan](#)