

THE MAGIK WORKOUT ROUTINE



Bonus PDF File
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THE MAGIK WORKOUT ROUTINE

Training Volume:

5 days per week

Explanation:

For this one we're going to be utilized 3 days a week of circuit training that will vary from calisthenics to weights and high intensity, and then the other two days we're going to be training just like the X-Men would and add in all the endurance work that comes with it by running/walking (trekking) long distances!

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.

Magik Workout Routine: Sample Workout Schedule

Monday: Circuit Training Workout A

Tuesday: Endurance Work A

Wednesday: Circuit Training Workout B

Thursday: Endurance Work B

Friday: Circuit Training Workout C

Saturday: Active Rest Day

Sunday: Rest Day

Magik Workout Routine: Circuit Training A

Warm Up:

Walk or Bike for 5-10 Minutes to Get Warm

Circuit: Complete 5 Rounds

20 Push Ups

35 Jumping Jacks

20 Kettlebell Swings

35 Jumping Jacks

10 Pause Squats

35 Jumping Jacks

15 Planking Shoulder Touches

Magik Workout Routine: Endurance Work A

Get the team together and get ready, your first endurance work assignment is to take a weighted hike/trek!

This can be done in distances that work around your fitness level:

Beginner: 3-5 Mile Unweighted Hike

Intermediate: 5-10 Mile Weighted Hike

Advanced: 10+ Mile Weighted Hike

Magik Workout Routine: Circuit Training B

Warm Up:

Walk or Bike for 5-10 Minutes to Get Warm

Circuit: Complete 5 Rounds

50 Toe Taps (Use Stairs/Short Box/Kettlebell)

5 Burpees

50 Toe Taps

10 Dips

50 Toe Raps

15 Air Squats

50 Toe Taps

20 Close to Wide Push Ups

Magik Workout Routine: Endurance Work B

Your second endurance assignment of the week is similar in distance, but this time you'll be running solo!

Here's the fitness level oriented running distances:

Beginner: 3-5 Mile Run/Walk

Intermediate: 5-10 Mile Run

Advanced: 10+ Mile Run

Magik Workout Routine: Circuit Training C

Warm Up:

Walk or Bike for 5-10 Minutes to Get Warm

Circuit: Complete 5 Rounds

50 Regular Skip Jump Rope

20 Push Ups

50 Boxer Skips

20 Air Squats

50 Alternating Foot Skips

20 Crunches