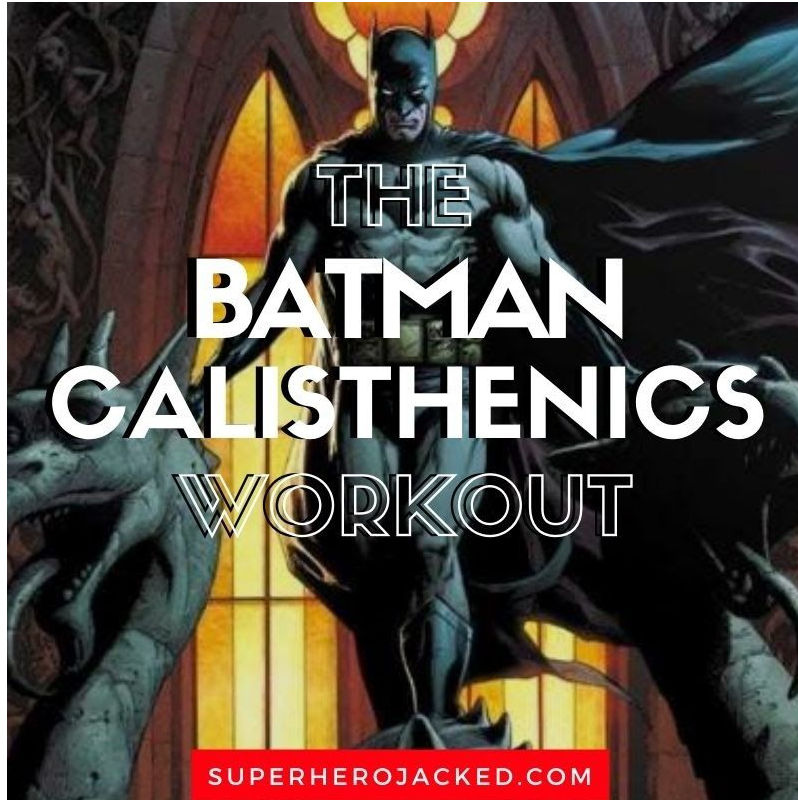


# BATMAN CALISTHENICS WORKOUT ROUTINE



Bonus PDF File  
By: Mike Romaine

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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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# BATMAN CALISTHENICS WORKOUT ROUTINE

## Training Volume:

5 days per week

## Explanation:

The Batman Calisthenic workout is a 5 day total body plan that will not only enhance overall body control through movements we have seen the Dark Knight build his legendary physique out of, but will also enhance your strength and make you look superhuman.

As with any crime fighting vigilante Martial Arts are an essential part of the jobs so, we will also be providing Mixed Martial Arts resources available on the site so you can choose to sprinkle them into the routine as you wish.

## Calisthenics / Bodyweight Explanation:

Calisthenics/ Bodyweight training is vital to building a physique that not only looks Superhuman but also allows you to perform Superhuman feats.

This is part of a calisthenics and bodyweight theme we have going for the next few weeks. I suggest also checking out our new [Ultimate Calisthenics Workout and Guide](#) for [The Ultimate Calisthenics Workout] and tons of other resources and workouts.

## 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.

## **Batman Calisthenics Workout: Sample Workout |Schedule**

**There will be two workouts as listed Workout (A) Workout (B) As well as Modifications for each workout to increase and decrease difficulty.**

**Monday:** Total Body (A) Cardio

**Tuesday:** Total Body (B) and Core

**Wednesday:** Total Body (A) and Cardio

**Thursday:** Total Body (B) and Core

**Friday:** Total Body (A) and Cardio

**Saturday:** Rest Day (Active Recovery)

**Sunday:** Mandatory Rest Day

## **Batman Beyond Workout: HIIT and Calisthenics A**

**Warm Up:**

400m Jog

50 Jumping Jacks

20 Burpees

3x60sec Plank

## **Workout A:**

### **Perform these as Supersets**

#### **Push ups (1)**

**Modifications:** Increased Difficulty Diamond Push ups, Beginner knees on ground

4x25

#### **Dips (1)**

**Modifications:** Increased Difficulty add weight, Beginner Bench Dips

4x15

#### **Lunges (2)**

**Modifications:** Increased Difficulty Bulgarian Split Squat, Beginner NA

4x15 each leg

**Air Squats (2):** Increased Difficulty Jumping Air Squats, Beginner NA

4x25

#### **Pullups ( Not a Super Set)**

**Modifications:** Increased Chest to Bar Pull ups, Beginner Jump Pull ups

4x8-10

## **Cardio:**

Jog 600m moderate pace

200 Jumping Jacks

20 Burpees

Jog/Walk 400m

## **Batman Calisthenics Workout: (B) Not a Superset Day**

**Warm Up: Repeat 2 times**

100 Jump ropes

50 Mountain Climbers

15 Push ups

20 Air Squats

**Calisthenics B: Advanced Techniques Workout will include alternative Beginner Modifications**

**Incline Push ups**

**Modifications:** Beginner Push ups or Knee on Ground Push ups

5×20

**Forward leaning Dips**

**Modifications:** Beginner upright dips/ Bench dips

3×10

### **Pike Push Ups**

**Modifications: NA**

3×10

### **Australian Pull ups**

**Modifications:** Beginner feet placed on a bench Australian Pull ups

3×12

### **Pistol Squats**

**Modifications:** Beginner Air Squats

3×10

### **Walking Lunges**

**Modifications: NA**

4×20

### **Core**

#### **Plank**

4×60sec

## **Bicycle Crunches**

3×30

## **Roman Chair**

3×20

## **ALTERNATIVE CORE AND CARDIO WORKOUTS:**

*When training gets dull add these in for a new challenge to conquer .*

### **Core Workout Supplement**

- Russian Twist 3×15
- Flutter Kicks 3×60 sec
- Crunches 4×15

### **Cardio Workout Supplement**

- Jump Rope 3×5 min
- 30 mins on elliptical
- 20 min Lap Swim

## **Batman Calisthenics Workout: Mixed Martial Arts and/or Parkour Resources**

### **Mixed Martial Arts Resources**

- [Deathstroke](#)
- [Daredevil](#)
- [Moon Knight](#)
- [Sagat](#)



- [Anna Diop](#)
- [Frank Grillo](#)
- [Ryan Potter](#)

## **Parkour Training Resource**

- [Nightrunner Workout Routine](#)
  - This Nightrunner Workout has both Calisthenics AND Parkour for you.