

BLACK WIDOW CALISTHENICS WORKOUT ROUTINE



Bonus PDF File
By: Mike Romaine

Copyright Notice

No part of this report may be reproduced or transmitted in any form whatsoever, electronic, or mechanical, including photocopying, recording, or by any informational storage or retrieval system without expressed written, dated and signed permission from the author. All copyrights are reserved.

Disclaimer and/or Legal Notices

The information provided in this book is for educational purposes only. I am not a doctor and this is not meant to be taken as medical advice.

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.

If you have any health issues or pre-existing conditions, please consult with your physician before implementing any of the information provided in this course.

This product is for informational purposes only and the author does not accept any responsibilities for any liabilities or damages, real or perceived, resulting from the use of this information.

BLACK WIDOW CALISTHENICS WORKOUT ROUTINE

Training Volume:

5 days per week

Explanation:

We're going to be working with super intense calisthenics circuits 3 days a week and then 2 days devoted to endurance, one of which will be high intensity and the other will be long distance.

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.

Black Widow Calisthenics Workout: Sample Workout Schedule

Monday: Calisthenics Circuit A

Tuesday: Long Distance Cardio

Wednesday: Calisthenics Circuit A

Thursday: High Intensity Interval Training Sprints

Friday: Calisthenics Circuit A

Saturday: Active Rest Day

Sunday: Rest Day

Black Widow Calisthenics Workout: Calisthenics Circuit A

Warm Up:

2×30 Jumping Jacks

2×30 Butt Kickers

2×30 High Knees

Workout:

Complete 5 Rounds for Time

50 Bicycle Crunches

40 Mountain Climbers

30 Jump Squats

20 Clap Push Ups

10 Burpees

Black Widow Calisthenics Workout: Calisthenics Circuit B

Warm Up:

2×30 Jumping Jacks

2×30 Butt Kickers

2×30 High Knees

Workout:

Complete 2 Rounds for Time

25 Pike Push Ups

50 Push Ups

50 Lying Leg Raises w/ Hip Thrust

50 Alternating Pistol Squats

50 V-Ups

25 Pike Push Ups

Black Widow Calisthenics Workout: Calisthenics Circuit C

Warm Up:

2×30 Jumping Jacks

2×30 Butt Kickers

2×30 High Knees

Workout:

Complete 3 Rounds for Time

50 Push Ups

50 Jumping Lunges

50 Dips

50 Second Plank

Black Widow Calisthenics Workout: Long Distance Cardio

For this one we're going to work with scaling based on your fitness level.

Beginners: Run 3-5 Miles

Intermediate: Run 5-7.5 Miles

Advanced: Run 10+ Miles

Black Widow Calisthenics Workout: High Intensity Interval Training

Complete 30-45 Minutes Worth of "On and Off" Sprints

On: Sprint for 60 Seconds

Off: Walk for 60 Seconds

Rinse and Repeat for Entire Duration