

# DEKU CALISTHENICS WORKOUT ROUTINE



Bonus PDF File  
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# DEKU CALISTHENICS WORKOUT ROUTINE

## Training Volume:

6 days per week

## Explanation:

We're going to be utilizing 3 days of calisthenics training that will be building up our strength and progressing to advanced movements and then two days devoted to high intensity interval training and one day devoted to purely endurance work.

## 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.

## Deku Calisthenics Workout Routine: Sample Workout Schedule

**Monday:** Calisthenics and Upper Body Circuit

**Tuesday:** High Intensity Interval Training

**Wednesday:** Long Distance Cardio

**Thursday:** High Intensity Interval Training

**Friday:** Calisthenics Full Body Circuit

**Saturday:** Short HIIT Training (Sprints)

**Sunday:** Rest Day

## **Deku Calisthenics Workout Routine: Calisthenics and Upper Body Circuit**

### **Warm Up:**

Jog 400m

2×25 High Knees

2×25 Jumping Jacks

Jog 400m

### **Workout:**

Push Ups

5×25

Squats

5×20

Dips

5×15

Pull Ups (or Pike Push Ups)

5×10

**Upper Body Circuit:**

*Complete 3 Rounds:*

10 Regular Push Ups

10 Dips

10 Wide Push Ups

10 Mountain Climbers

10 Close Push Ups

10 Half Burpees

**Deku Calisthenics Workout Routine: Calisthenics and Lower Body Circuit**

**Warm Up:**

Jog 400m

2×25 High Knees

2×25 Jumping Jacks

Jog 400m

**Workout:**

Push Ups

3×25

Squats

5×20

Sit Ups

3×25

Dips

3×15

Lunges

4×20 (10 each)

Pull Ups (or Pike Push Ups)

3×10

**Lower Body Circuit:**

*Complete 3 Rounds:*

10 In and Outs (Jump Squat Wide, Close, Wide, Close)

10 V-Ups

10 Alternating Pistol Squats

10 Planking Shoulder Taps

10 Alternating Side Lunges

10 Half Burpees

## **Deku Calisthenics Workout Routine: Calisthenics and Full Body Circuit**

### **Warm Up:**

Jog 400m

2×25 High Knees

2×25 Jumping Jacks

Jog 400m

### **Workout:**

Push Ups

5×25

Squats

5×20

Dips

5×15

Pull Ups (or Pike Push Ups)

5×10

### **Full Body Circuit:**

*Complete 3 Rounds:*

30 Second Hollow Hold

10 Diamond Push Ups

30 Second Plank

10 Pause Squats

30 Second L-Sit Hold

10 Burpees

## **Deku Calisthenics Workout Routine: Endurance and HIIT Training Resources and Guide**

*It's time for endurance training and HIIT.*

First I'll go over some endurance work and share some celeb and character resources to take advantage of, and then we'll move into HIIT and even some Parkour!

### **Here's training based on levels:**

- **Beginner:** 1-3 miles



- **Intermediate:** 3-5 miles
- **Advanced:** 5+ miles

### **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](#)

### **High Intensity Interval Training:**

- [The Best HIIT to Step Up Your Workout](#)

### **Parkour Training Resources:**

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