

KRATOS CALISTHENICS WORKOUT ROUTINE



Bonus PDF File
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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.

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.

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KRATOS CALISTHENICS WORKOUT ROUTINE

Training Volume:

4 days per week of calisthenics and 1-2 days a week of endurance training

Explanation:

We're talking about becoming a Demigod. Training to be Kratos is no joke. We'll be utilizing four days of calisthenics training that will be based on hitting fatigue and using progressive overload to focus in on hypertrophy and building muscle, but the scaling up will be on you. I won't be there to tell you went to increase the volume/workload. We'll also use long distance endurance training and HIIT to build that speed and endurance Kratos has as well. Remember ample recovery time is vital.

Additional Explanation:

Your starting work is scalable but as the weeks go by it's your responsibility to increase the volume/rep count. I recommend utilizing our Ultimate Calisthenics Workout and Guide to learn more about scaling and each movements specific options. Your blowout for each day is going to specifically be going until failure to really make sure we hit fatigue.

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.

Kratos Calisthenics Workout Routine: Sample Workout Schedule

Monday: Upper Body Focused Calisthenics Work and Core

Tuesday: Full Body Calisthenics Work and HIIT

Wednesday: Long Distance Cardio Endurance Training

Thursday: Lower Body Focused Calisthenics Work and Core

Friday: Full Body Calisthenics Work and HIIT

Saturday: Long Distance Cardio Endurance Training

Sunday: Rest Day

Kratos Calisthenics Workout Routine: Upper Body Focused Calisthenics Work

Warm Up:

Jog 400m

Initial Work:

Your starting work is scalable but as the weeks go by it's your responsibility to increase the volume/rep count.

Regular Push Ups (Can Scale on Knees)

4x25

Skull Crushers (Calisthenics)

4×20

Wide to Close Push Ups (Can Scale on Knees)

4×20

Dips (Can Scale using Chair)

4×20

Pull Ups (Can Scale to Pikes)

4×10

Fatigue Blowout:

Complete 3 Rounds Super-Set Style

- Push Ups to Failure
- Dips to Failure
- Pike Push Ups to Failure

Core Work:

Forearm Plank

3×60 Seconds

V-Ups

3×30

Leg Raises (Lying or Hanging)

3×25

L-Sit Hold

3×15 Seconds

Kratos Calisthenics Workout Routine: Full Body Focused Calisthenics Work and HIIT

For your full body calisthenics days we're going to focus in on working with the most effective compound calisthenics movements and hit them HARD.

Warm Up:

Jog 400m

Initial Work:

Your starting work is scalable but as the weeks go by it's your responsibility to increase the volume/rep count.

Explosive Push Ups

5×30

Jump Squats

5×20

Dips

5×15

Chin Ups

5×10

HIIT Endurance Work:

Instead of a finisher and core on your full body focused days you're going to work on shredding some extra fat to show off the abs you're building on other days. For this you're more than welcome to switch it up and do 20, 30 or even 60 minutes of HIIT, but I recommend choosing from our favorite HIIT workouts:

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

Kratos Calisthenics Workout Routine: Long Distance Cardio Endurance Training

Similar to our HIIT Training above I'm going to also be sharing some outside resources for your running.

I personally like to base our running (distances) on overall fitness level, but I also have resources from celeb and character workouts that will definitely come in handy!

Here's the initial distance levels to get you started:

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](#)
- [How To Continue Training After Your First 5K \(Workout Included\)](#)

Kratos Calisthenics Workout Routine: Lower Body Focused Calisthenics Work

Warm Up:

Jog 400m

Initial Work:

Your starting work is scalable but as the weeks go by it's your responsibility to increase the volume/rep count.

Air Squats (Can Scale Using Chair)

4x25

Glute Bridges

4x20

Bulgarian Split Squats

4x20 each leg

Alternating Pistol Squats (Scale Using Chair)

4×20 total

Box Jumps

4×10

Fatigue Blowout:

Complete 3 Rounds Super-Set Style

- Pause Squats to Failure
- Wall Sit to Failure
- Lying Leg Raises to Failure

Core Work:

Forearm Plank

3×60 Seconds

Sit Ups

3×30

Russian Twists

3×25

Hollow Hold

3×15 Seconds

Kratos Calisthenics Workout Routine: Full Body Focused Calisthenics Work and HIIT

Warm Up:

Jog 400m

Initial Work:

Your starting work is scalable but as the weeks go by it's your responsibility to increase the volume/rep count.

Explosive Push Ups

5×30

Jump Squats

5×20

Dips

5×15

Chin Ups

5×10

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