

# SPIDER-MAN 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.

# SPIDER-MAN CALISTHENICS WORKOUT ROUTINE

## Training Volume:

6 days per week

## Explanation:

Spider-Man can do it all. In order to replicate that we're going to need a high volume routine that incorporates a bit of everything. You'll have three days focused on calisthenics and blowout circuits, two days devoted to endurance training, and one day for a sprints; with parkour training on you to add in on top!

## 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.

## Spider-Man Calisthenics Workout Routine: Sample Workout Schedule

**Monday:** Upper Body Focused Calisthenics and Blowout

**Tuesday:** Endurance Work

**Wednesday:** Lower Body Focused Calisthenics and Blowout

**Thursday:** Endurance Work

**Friday:** Full Body Calisthenics and Blowout

**Saturday:** Sprints

**Sunday:** Mandatory Rest Day

## **Spider-Man Calisthenics Workout Routine: Upper Body Focused Calisthenics and Blowout**

### **Warm Up:**

2×25 Jumping Jacks

2×25 High Knees

2×25 Butt Kicks

### **Workout:**

Regular Push Ups

4×25

Close Push Ups

4×25

Wide Push Ups

4×25

Dips

4x15

Handstand Push Ups

4x10

**3 Round Blowout:**

30 Second V-Ups

Push Ups to Failure

30 Second Hollow Hold

Dips to Failure

30 Second L-Sit Hold

**Spider-Man Calisthenics Workout Routine: Lower Body  
Focused Calisthenics and Blowout**

**Warm Up:**

2x25 Jumping Jacks

2x25 High Knees

2x25 Butt Kicks

**Workout:**

Air Squats

4x25

Glute Bridges

4x20 each leg

Donkey Kicks

4x20 each leg

Lunges

4x20 each leg

Pistol Squats

4x10 each leg

**3 Round Blowout:**

30 Second Wall Sit

25 Jump Squats

30 Second Superman Hold

25 Lying Leg Raises w/ Thrust

30 Second Toe Touches

# **Spider-Man Calisthenics Workout Routine: Full Body Calisthenics and Blowout**

## **Warm Up:**

2×25 Jumping Jacks

2×25 High Knees

2×25 Butt Kicks

## **Workout:**

Regular Push Ups

4×25

Air Squats

4×25

Dips

4×25

Lunges

4×20 each leg

Burpees

4×10

### **3 Round Blowout:**

30 Second Right Side Plank

20 Close to Wide Push Ups

30 Second Regular Plank

20 Close to Wide Jump Squats (In and Outs)

30 Second Left Side Plank

## **Spider-Man Calisthenics Workout Routine: Sprints**

**You do have one day of sprints.**

*I personally do these 20-30 minutes with a basic "on and off" format, but I actually have a handful of options for you.*

Utilize this article: ["The Best HIIT Workouts to Step Up Your Workout"](#) to choose the best format for you.

## **Spider-Man Calisthenics Workout Routine: Endurance Work**

*For this one I do have some resources just like I do for Parkour, but first I want to give you some training methods to work your way up.*

**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](#)

## Spider-Man Calisthenics Workout Routine: Parkour Training

Last up on your weekly list of training to implement in order to become Spider-Man is our parkour training.

*Originally we used to simply give one resource for this, but now we've grown a bit and I have a few different options to share.*

### Parkour Training Resources:

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