

THE TALON WORKOUT ROUTINE



Bonus PDF File
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TALON WORKOUT ROUTINE

Training Volume

4 days a week

Explanation:

We are going to focus on mass building for Talon! If you are going to be able to go toe to toe with the Dark Knight himself you are going to have to have some mass to put behind those punches.

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.

Talon Workout: Sample Schedule

Monday: Back and Biceps

Tuesday: Chest and Triceps

Wednesday: Active Rest

Thursday: Legs

Friday: Shoulders

Saturday: Rest

Sunday: Rest

Talon Workout Day One: Back and Biceps

Warm Up:

15 mins varied cardio

Workout:

Barbell Bent Over Row

4×10

Weighted Pull Ups

3×6-8

Dumbbell Bench Row

4×10

Hammer Curls

3×12

Ez Bar Curl

4×8

Core:

Finish with 4×15 Lying Leg Lifts followed by 4×25 crunches

Talon Workout Day Two: Chest and Triceps

Warm Up:

15 mins varied cardio

Workout:

Dumbbell Bench Press

4×10

Dumbbell Fly

3×12

Dumbbell Incline Bench

4×10

Dumbbell Pullovers

3×10-12

Skull Crusher

3×10

Tricep Pull Downs

3×15

Core:

Finish with 4x15 Lying Leg Lifts followed by 4x25 crunches

Talon Workout Day Three: Active Recovery

Try and move attempt for 30 Mins of cardio and attempt the following ab workout

4x30sec Plank

4x25 Lying Leg Lifts

4x15 Crunches

4x15 Bicycle Crunch

Talon Workout Day Four: Legs

Warmup:

15 mins varied cardio

Workout:

Barbell Squat

4x10

Walking Lunges with Weight

4x10

Hamstring Curl

4×10

Standing Calf Raise

3×15

Weighted Step Ups

4×12

Core:

Finish with 4×15 Lying Leg Lifts followed by 4×25 crunches

Talon Workout Day Five: Shoulders

Warm Up:

15 mins varied cardio

Workout:

Seated Dumbbell Press

4×10

Front Raise

4×10

Upright Row

3×12

Lateral Raise

4×10

Standing Overhead Press

3×12

Rear Delt Raise

4×10

Core:

Finish with 4×15 Lying Leg Lifts followed by 4×25 crunches

Additional Training Resources: Parkour and Mixed Martial Arts

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.