

BAKI 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.

BAKI CALISTHENICS WORKOUT ROUTINE

Training Volume:

6 days per week

Explanation:

Baki is essentially Superhuman. No regular man can accomplish what he does. We're going to be training non-stop to attempt to become as strong and lean as him, while mainly focusing in on how incredible he is with bodyweight movements and his calisthenics abilities. We'll be training 3 days per week with a Upper, Lower and Full Body Split and then 3 Days a Week Devoted to HIIT Workouts of all different variations. On top of this you'll have three ab/core workouts to complete throughout the course of the week and additional mixed martial arts training will be provided.

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.

Baki Calisthenics Workout Routine: Sample Workout Schedule

Monday: Upper Body Focused Calisthenics Work

Tuesday: HIIT Workout A and Core A

Wednesday: Full Body Calisthenics Work

Thursday: HIIT Workout B and Core B

Friday: Lower Body Focused Calisthenics Work

Saturday: HIIT Workout C and Core C

Sunday: Rest Day

Baki Calisthenics Workout Routine: Upper Body Focused Calisthenics Work

Warm Up:

800m Run

Workout:

Clap Push Ups

3×30

Pike Push Ups

3×25

Dips

3×20

Chin Ups

3×15

Wide Grip Pull Ups

3×10

Blowout: 3 Rounds

A. Push Ups to Failure

B. Plank w/ Alternating Shoulder Taps x 40 [total]

C. Handstand Push Ups to Failure

**Baki Calisthenics Workout Routine: HIIT Workout A and Core
A**

Warm Up:

Walk/Jog

Workout: Complete 5 Rounds

20 Double Unders

10 Burpees

20 Jumping Jacks

10 Half Burpees

20 High Knees

10 Inch Worms

20 Butt Kickers

10 Explosive Push Ups

Core A:

Russian Twists

3×30

Sit Ups

3×25

Hanging Knee Raises w/ Side Twist

3×20

Alternative HIIT Workouts:

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

Baki Calisthenics Workout Routine: Full Body Calisthenics Work

Warm Up:

800m Run

Workout:

Wide to Close Push Ups

3×30

In and Out Jump Squats

3×25

Double Unders

3×20

Handstand Push Ups

3×15

Side Lunges

3×10 each leg

Blowout: 3 Rounds

A. Pull Ups x Failure

B. Plank x 60 Seconds

C. Jump Squats x Failure

**Baki Calisthenics Workout Routine: HIIT Workout B and Core
B**

Warm Up:

Walk/Jog

Workout: Complete 3 Rounds

25 Pull Ups

50 High Knee Skips

50 Push Ups

50 Alternating Skips

50 Air Squats

50 Double Unders

25 Pull Ups

Core B:

Side Planks

3×30 seconds

Lying Leg Raises w/ Hip Thrust

3×25

Bicycle Crunches

3×20

Alternative HIIT Workouts:

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

Baki Calisthenics Workout Routine: Lower Body Focused Calisthenics Work

Warm Up:

800m Run

Workout:

Alternating Pistol Squats

3×30 each leg

Glute Bridges

3×25

Jumping Lunges

3×20 each leg

Pause Squats (Stutter at Parallel or Below)

3×15

Wall Sit

3×60 Seconds

Blowout: 3 Rounds

A. Air Squats to Failure

B. Superman Hold x 60 Seconds

C. Box Jumps x 30

Baki Calisthenics Workout Routine: HIIT Workout C and Core C

Warm Up:

Walk/Jog

Workout: Complete 2 Rounds

Run 1600 Meters

150 Air Squats

100 Push Ups

75 Dips

50 Pull Ups

Core C:

Forearm Planks

3×60 seconds

Hanging Leg Raises

3×25

V-Ups

3×20

Alternative HIIT Workouts:

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

Baki Calisthenics Workout Routine: Mixed Martial Arts Training Resources

Mixed Martial Arts Training Resources:

- [Deathstroke Workout Routine](#)
- [Daredevil Workout Routine](#)
- [Moon Knight Workout Routine](#)
- [Sagat Workout Routine](#)
- [Anna Diop Workout Routine and Diet Plan](#)
- [Frank Grillo Workout Routine and Diet Plan](#)
- [Ryan Potter Workout Routine and Diet Plan](#)