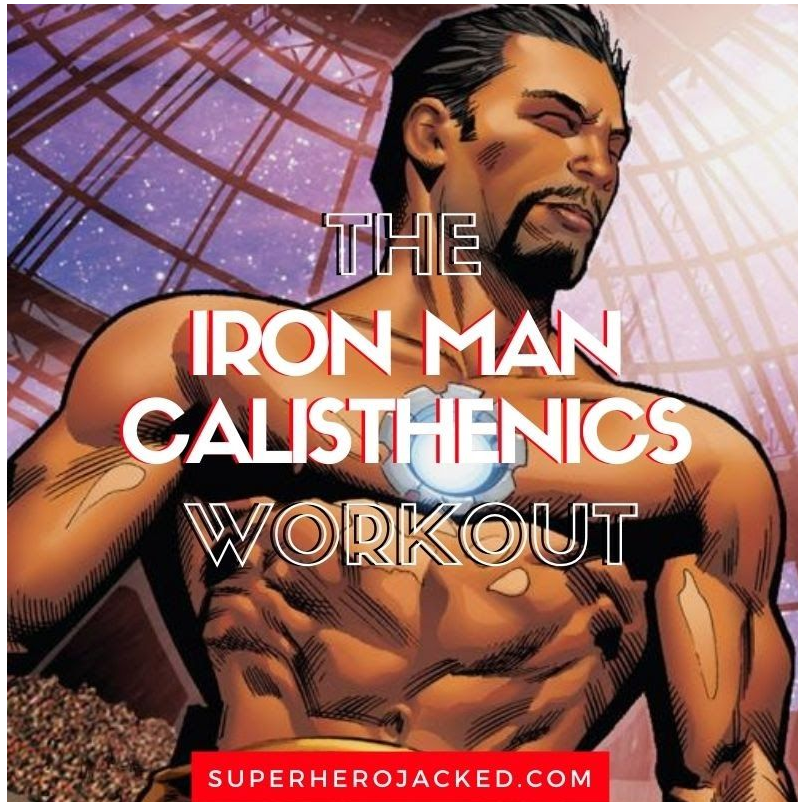


IRON MAN CALISTHENICS WORKOUT ROUTINE



Bonus PDF File
By: Mike Romaine

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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.

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IRON MAN CALISTHENICS WORKOUT ROUTINE

Training Volume:

4-5 days per week

Explanation:

We're going to be utilizing a 4 day split going back and forth with different variations of a full body calisthenics workout and then breaking it up with 60 minutes of varied cardio mid week to work on reading/studying and brain power (Tony Stark is a genius, remember?).

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.

Iron Man Calisthenics Workout: Sample Workout Schedule

Monday: Full Body Calisthenics A

Tuesday: Full Body Calisthenics B

Wednesday: 60 Minutes Varied Cardio

Thursday: Full Body Calisthenics C

Friday: Full Body Calisthenics D

Saturday: Active Rest Day

Sunday: Rest Day

Iron Man Calisthenics Workout: Full Body Calisthenics A

Warm Up:

20-30 Minute Warm Up Incline Walk While Reading/Studying

Workout:

Regular Push Ups

4×25

Bulgarian Split Squats

4×20 [total]

Dips

4×15

Handstand Push Ups or Pike Push Ups

4×10

Planks

4×60 seconds

Lying Leg Raises

4x20

Sit Ups

4x20

Iron Man Calisthenics Workout: Full Body Calisthenics B

Warm Up:

20-30 Minute Warm Up Incline Walk While Reading/Studying

Workout:

Diamond Push Ups

4x25

Air Squats

4x20

Skull Crushers (Calisthenics Version)

4x15

Chin Ups

4x10

L-Sit Hold

4x30 seconds

Lying Leg Raise w/ Side Twist

4x20

Bicycle Crunches

4x30

Iron Man Calisthenics Workout: Varied Cardio

Grab your book, grab your laptop, get to work and start studying.

Hop on your [bike-desk setup like I have](#) or head to the treadmill.

You can do varied cardio and switch it up every 15-20 or even 30 minutes, or you can stick to just one.

Complete 30-60 minutes total.

Iron Man Calisthenics Workout: Full Body Calisthenics C

Warm Up:

20-30 Minute Warm Up Incline Walk While Reading/Studying

Workout:

Wide Push Ups

4x25

Alternating Pistol Squats

4×20 [total]

Dips

4×15

Wide Grip Pull Ups

4×10

Planks

4×60 seconds

Lying Leg Raises w/ Hip Thrust

4×20

V-Ups

4×20

Iron Man Calisthenics Workout: Full Body Calisthenics D

Warm Up:

20-30 Minute Warm Up Incline Walk While Reading/Studying

Workout:

Close to Wide Push Ups

4×25

Jump Squats

4x20

Skull Crushers

4x15

Pull Ups

4x10

Hollow Holds

4x30 seconds

Lying Leg Raises

4x20

Sit Ups w/ Twist

4x20