

# WONDER WOMAN CALISTHENICS WORKOUT ROUTINE



Bonus PDF File  
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# WONDER WOMAN CALISTHENICS WORKOUT ROUTINE

## Training Volume:

3-5 days per week

## Explanation:

You're going to have three full calisthenics days and then I'm also going to share resources for jump rope workouts, HIIT, endurance training and mixed martial arts. I suggest doing HIIT and/or Jump Rope Training one day and Long Distance Cardio the other to give you 5 full days, but you can also make this a 4 Day split very easily as well.

## 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.

## Wonder Woman Calisthenics Workout: Sample Workout Schedule

**Monday:** Full Body Calisthenics and Circuit A

**Tuesday:** Jump Rope Workout, HIIT, Long Distance Cardio or MMA

**Wednesday:** Full Body Calisthenics and Circuit B

**Thursday:** Jump Rope Workout, HIIT, Long Distance Cardio or MMA

**Friday:** Full Body Calisthenics and Circuit C

**Saturday:** Active Off Day

**Sunday:** Rest Day

## **Wonder Woman Calisthenics Workout: Full Body Calisthenics and Circuit A**

### **Warm Up:**

Jump Rope – Basic Skip

3×50

### **Workout:**

Close to Wide Push Ups (Can be done on knees)

4×20

Skull Crushers (Calisthenics Variation)

4×15

Sit Ups

4×20

Side Lunges

4×15 each leg

Planks

3×60 seconds

Wall Sit

3×60 seconds

### **Circuit A: Complete 3 Rounds**

15 Half Burpees

15 Jump Squats

15 Second Hollow Hold

## **Wonder Woman Calisthenics Workout: Full Body Calisthenics and Circuit B**

### **Warm Up:**

Jump Rope – Basic Skip

3×50

### **Workout:**

Basic Push Up or Knee Push Ups

4×20

Dips on Chair

4×15

Bicycle Crunches

4×20

Pause Squats

4×25

Pike Push Ups

3×15

Step Ups

3×15 each leg

### **Circuit B: Complete 3 Rounds**

10 Second L-Sit Hold

10 Explosive Push Ups

10 Pistol Squats [total]

## **Wonder Woman Calisthenics Workout: Full Body Calisthenics and Circuit C**

**Warm Up:**

Jump Rope – Basic Skip

3×50

**Workout:**

Diamond Push Ups (Can be done on knees)

4×20

Inch Worms

4×15

Lying Leg Raises

4×20

Explosive Squats

4×25

Skater Lunges

3×20 [total]

Bulgarian Split Squats

3×15 each leg

**Circuit C: Complete 3 Rounds**

20 Second Reverse Superman Hold

10 Air Squats

5 Burpees

## **Wonder Woman Calisthenics Workout: Jump Rope, HIIT, Long Distance Cardio or MMA**

**I personally recommend jump rope workouts, HIIT and long distance cardio; and a nice mix between the two.**

*BUT, it's completely up to you how you want to mold your own 5 day (or 4 day) split.*

Below are resources for all of your options.

### **HIIT and Jump Rope Workouts**

- [The Best HIIT to Level Up Any Workout](#)
- [Jump Rope Workout Routines](#)

### **Running/Endurance Resources**

- [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 \(Workout Included\)](#)

### **MMA Training Resources:**

- [Deathstroke Workout Routine](#)
- [Daredevil Workout Routine](#)
- [Moon Knight Workout Routine](#)
- [Sagat Workout Routine](#)



- [Anna Diop Workout Routine and Diet Plan](#)
- [Ryan Potter Workout Routine and Diet Plan](#)
- [Frank Grillo Boxing Workout](#)