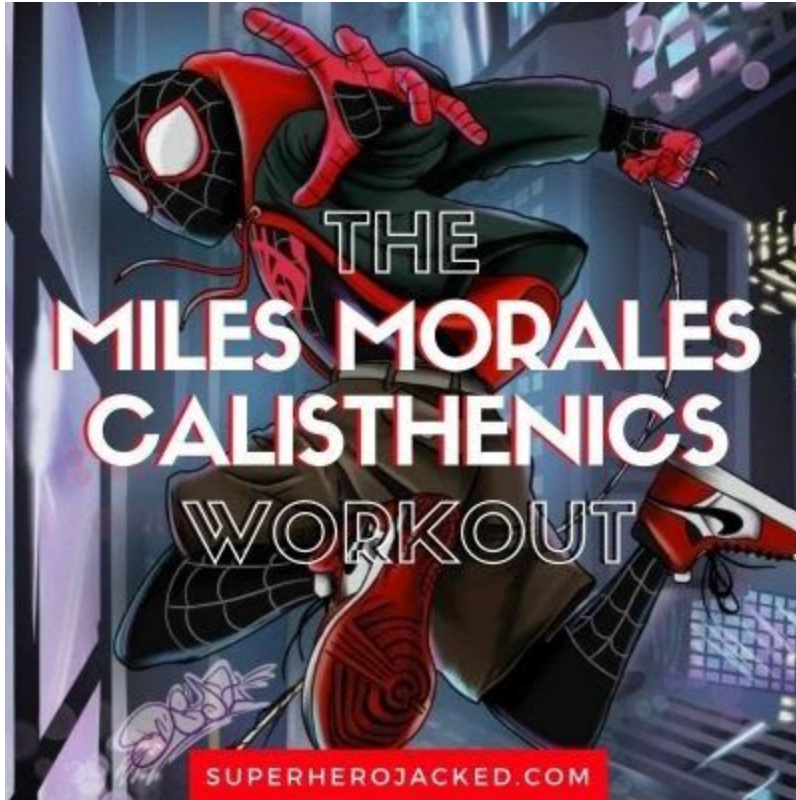


MILES MORALES CALISTHENICS WORKOUT ROUTINE



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.

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.

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MILES MORALES CALISTHENICS WORKOUT ROUTINE

Training Volume:

6 days per week

Explanation:

This is a super high volume routine for a super high powered character. Some of the days will function more as active off days, but they're in there because we have so many different powers and abilities to work around. You can make swaps as needed and even potentially upgrade (if you like this kind of system) with [The Superhuman System](#) that functions like this but with a full 90+ days of programming and then Benchmark Workouts and celeb + character workout substitutions added to it.

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.

Miles Morales Calisthenics Workout Routine: Sample Workout Schedule

Monday: Full Calisthenics Training Day

Tuesday: Long Distance Cardio

Wednesday: Five Round Circuit Training

Thursday: Off Day

Friday: Full Calisthenics Training Day

Saturday: Giant Single Round Circuit

Sunday: Parkour and MMA Training or Sub Jump Rope Workout

Miles Morales Calisthenics Workout Routine: Full Calisthenics Training Day

This is directly from our [Ultimate Calisthenics Workout and Guide](#), Avenger Basic Training Level Three.

Getting Started:

Don't forget to warm-up and stretch

This can be done as a circuit or supersets, and can all be scaled where needed.

Muscle Up Practice

Work on form even if you cannot yet perform. Add in clap pull ups or jumping if you're looking to work on muscle up progression

3x Failure

Wall Climbs:

3×10

L-Sit Hold

5×30 seconds

The Workout:

Workout Total Reps:

(To be performed in Individual Sets, Supersets or as a Circuit with multiple rounds)

Handstand Push-ups: 50

Hanging Leg Raises: 75

Pull Ups: 100

Lunges: 100

Sit Ups: 100

Pistol Squats: 100

Dips: 125

Push Ups: 200

Miles Morales Calisthenics Workout Routine: Long Distance Cardio

For this one we're going to step it up a notch over the levels we generally use for fitness level based cardio being that we're looking to become Miles Morales.

That means I'll be adding in an extra level to make it fair:

Absolute Beginner: 1-3 Miles

Beginner: 3-5 Miles

Intermediate: 5-7+ Miles

Advanced: 10+ Miles

You can also utilize these resources to help you start running (many of which are Couch to 5-10K):

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

Miles Morales Calisthenics Workout Routine: Five Round Circuit Workout

Complete All Five Rounds for Time, No Break:

10 Pull Ups

25 Deadlifts

25 Push Ups

25 Box Jumps

25 Clean and Press

25 Lying Leg Raises w/ Thrust

10 Pull Ups

Miles Morales Calisthenics Workout Routine: Giant Single Round Circuit

Warm Up:

2×25 High Knees

2×25 Butt Kickers

Complete One Round for Time

Run 800M

Complete This Cycle 6 Times:

- 25 Push Ups
- 20 Air Squats
- 10 Pull Ups

Run 800 M

Miles Morales Calisthenics Workout Routine: Parkour, MMA and/or Jump Rope Training

You're going to either sub in a day of training from a Parkour Workout, an MMA Workout, or even a Jump Rope Workout (5 Rounds), which could even be Spideys!

Parkour Training Resources

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

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](#)

Jump Rope Resources:

- [Jump Rope Workouts Database](#)
- [Spider-Man Inspired Jump Rope Workout](#)