

WAR MACHINE WORKOUT ROUTINE



Bonus PDF File
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WAR MACHINE WORKOUT ROUTINE

Training Volume:

6 days per week

Explanation:

Initial Marine Physical Fitness Testing is done by testing Pull-Ups or Push Ups, Sit Ups, and a 3 Mile Run.

We're going to be utilizing circuit training (for this I'll be sharing a specific calisthenics/jump rope circuit from our [Jump Rope Workouts Database](#) each day) to build your endurance AND calisthenics training, and then pairing that with extra cardio of all different variations; and of course, your Marine Style Trek!

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.

War Machine Workout Routine: Sample Workout Schedule

Monday: Calisthenics Circuit A and Swim

Tuesday: Basic Daily Calisthenics, Core, Speed and Cardio

Wednesday: Calisthenics Circuit B and Run

Thursday: Calisthenics, Speed and Cardio

Friday: Calisthenics Circuit C and Row

Saturday: Marine Trek

Sunday: Rest

War Machine Workout Day One: Push Day and Swim

You can swim before or after your workout. I prefer cardio after my training on heavier lifting days.

Workout: Complete 5 Rounds for Time

Regular Skips x 50

Basic Push Ups x 20

Alternating Foot Skips x 50

Air Squats x 20

Boxer Skips x 50

Close to Wide Push Ups x 20

Double Unders x 20

Alternating Pistol Squats x 20 [total]

Swim:

For your swim you're going to utilize our swim guide from *Speedo*:

- [Speedo's Beginner Swim Guide](#)

War Machine Workout Day Two: Calisthenics, Speed and Cardio

Main Calisthenics:

Push Ups:

Complete 250 in as many sets as it takes.

Sit Ups:

Complete 150 in as many sets as it takes.

Pull Ups:

Complete 100 in as many sets as it takes.

Extra Calisthenics and Core:

Planks:

Plank a Total of 3 Minutes.

Dips:

Complete 100-200 in as many sets as it takes.

Air Squats or Lunges:

Complete 100-200 in as many sets as it takes.

Speed and Cardio:

The Workout:

Jog 5 Minutes

Walk 1 Minute

Begin 30 Minutes of "On and Off" Sprints:

1 Minute ON: Sprint 7-10+ mph

1 Minute OFF: Walk 2.5-3.5 mph

End Sprints

Walk 1 Minute

Jog 5 Minutes

Cooldown 5 Minutes

War Machine Workout Day Three: Pull Day and Run

You can swim before or after your workout. I prefer cardio after my training on heavier lifting days.

Workout: Complete Five Rounds

High Knee Skip x 50

Spider-Man Push Ups x20

Regular Skips w/ Side Swipe Practice Every 5 x 50

L-Sit Hold x 30 Seconds

High Knee Skips x 50

Pistol Squats x 20 total

Regular Skips w/ Side Swipe Practice Every 5 x 50

Inch Worm to Explosive Push Up x 10

Run:

Run a 5k (3.1 miles)!

Track it each week and seek to improve.

War Machine Workout Day Four: Calisthenics, Speed and Cardio

Main Calisthenics:

Push Ups:

Complete 250 in as many sets as it takes.

Sit Ups:

Complete 150 in as many sets as it takes.

Pull Ups:

Complete 100 in as many sets as it takes.

Extra Calisthenics and Core:

Planks:

Plank a Total of 3 Minutes.

Dips:

Complete 100-200 in as many sets as it takes.

Air Squats or Lunges:

Complete 100-200 in as many sets as it takes.

Speed and Cardio:

The Workout:

Jog 5 Minutes

Walk 1 Minute

Begin 30 Minutes of "On and Off" Sprints:

1 Minute ON: Sprint 7-10+ mph

1 Minute OFF: Walk 2.5-3.5 mph

End Sprints

Walk 1 Minute

Jog 5 Minutes

Cooldown 5 Minutes

War Machine Workout Day Five: Leg Day and Swim

You can swim before or after your workout. I prefer cardio after my training on heavier lifting days.

Workout: Complete Five Rounds

30 Jump Ropes

20 Air Squats

30 Jump Ropes

20 Plank Shoulder Taps

30 Jump Ropes

20 Plank to Push Ups

30 Jump Ropes

20 Sit Ups

Row:

Row a 5k (3.1 miles)!

Track it each week and seek to improve.

War Machine Workout Day Six: The Marine Hike

Tack on a weighted vest if you're able to.

Week One: 4 Miles

Week Two: 6 Miles

Week Three: 8 Miles

Week Four: 12 Miles

Just when you thought you saw a trend there, right?

War Machine Workout BONUS: The Murph Challenge

After you've been training a bit you should put yourself to The Murph Challenge like we've seen guys like Chris Pratt and John Krasinski do.

Every once in a while come back and take the challenge again and see how you've improved.

Complete 1 Round With No Breaks:

1 Mile Run

100 Pull Ups

200 Push Ups

300 Squats

1 Mile Run

Wearing a 20 lb. weighted vest.