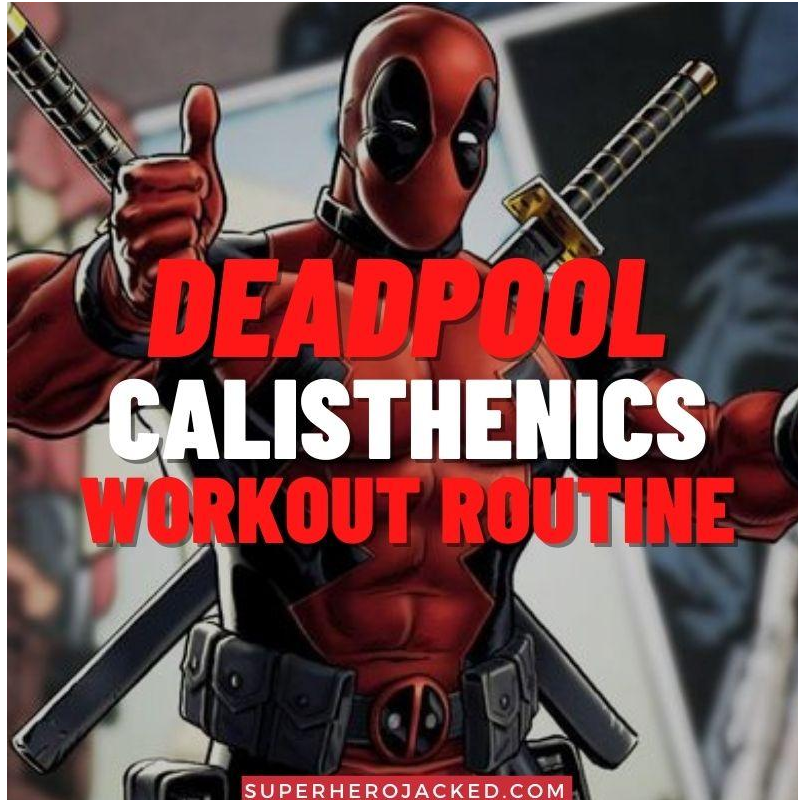


DEADPOOL CALISTHENICS WORKOUT ROUTINE



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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DEADPOOL CALISTHENICS WORKOUT ROUTINE

Training Volume:

5+ days per week

Explanation:

We'll be utilizing 3 days of calisthenics, one day of running, a trek, and optional high intensity interval training and mixed martial arts on other days.

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.

Deadpool Calisthenics Workout: Sample Workout Schedule

Monday: Calisthenics A and Swim

Tuesday: Wade U.S. Army Style Trek

Wednesday: Calisthenics B and Run

Thursday: Wilson Long Run

Friday: Calisthenics C and Row

Saturday: Optional HIIT and/or MMA Training

Sunday: Rest

Deadpool Calisthenics Workout: Calisthenics A and Swim

Warm Up:

400-800m Jog

Calisthenics:

Wide to Close Push Ups

4×25

Alternating Pistol Squats

4×20 total

Sit Ups

4×30

Lying Leg Raises

4×25

Bench Dips

4x15

Swim:

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

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

Deadpool Calisthenics Workout: The Wade U.S. Army Trek

Tack on a 20-45 lb. weighted vest if you're able to.

Week One: 4 Miles

Week Two: 6 Miles

Week Three: 8 Miles

Week Four: 12 Miles

Deadpool Calisthenics Workout: Calisthenics B and Run

Warm Up:

400-800m Jog

Calisthenics:

Explosive Push Ups

4x25

Hip Thrusts

4x20

V-Ups

4x30

Hanging Leg Raises

4x20

Chest Dips

4x15

Run:

Run a 5k (3.1 miles)!

Track it each week and seek to improve.

Deadpool Calisthenics Workout: Wilson Long Run

Week One: 2-3 Miles

Week Two: 3-5 Miles

Week Three: 7.5-10 Miles

Week Four: 10-12+ Miles

Deadpool Calisthenics Workout: Calisthenics C and Row

Warm Up:

400-800m Jog

Calisthenics:

Incline Push Ups

4×30

Jump Squats

4×15

Weighted Sit Ups w/ Twist

4×30

Lying Leg Raises with Hip Thrust

4×20

Tricep Dips

4×15

Row:

Row a 5k (3.1 miles)!

Track it each week and seek to improve.

Deadpool Calisthenics Workout: HIIT and MMA Resources

HIIT Resources:

- [The Best HIIT Workouts to Add to your Workout](#)
- [Jump Rope Workout Database](#)

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](#)