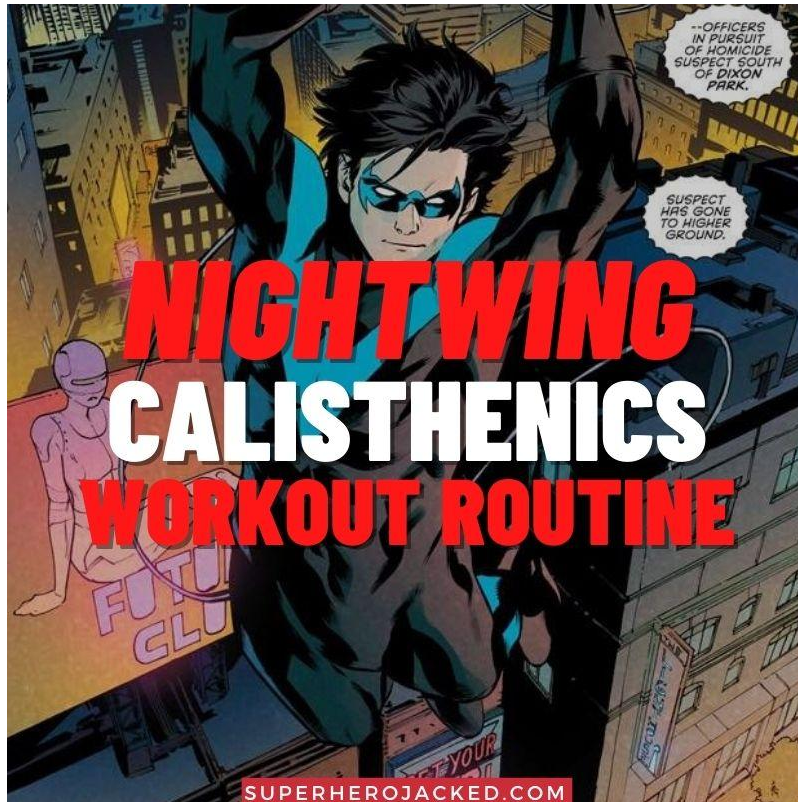


# NIGHTWING CALISTHENICS WORKOUT ROUTINE



Bonus PDF File  
By: Mike Romaine

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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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# NIGHTWING CALISTHENICS WORKOUT ROUTINE

## Training Volume:

5+ days per week

## Explanation:

We're going to be using 3 days of calisthenics training and then 2 days of high intensity calisthenics circuits to train to become Nightwing, all on top of endurance and mixed martial arts training.

## 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.

## Nightwing Calisthenics Workout: Sample Workout Schedule

**Monday:** Acrobat Training A

**Tuesday:** High Intensity Calisthenics Circuit A

**Wednesday:** Acrobat Training B

**Thursday:** High Intensity Calisthenics Circuit B

**Friday:** Acrobat Training C

**Saturday:** MMA, Endurance and Parkour Resources

**Sunday:** Rest

## **Nightwing Calisthenics Workout: Acrobat Training A**

### **Warm Up:**

Stretch and Foam Roll

### **Workout:**

Muscle Ups (Rings)

3×5

Handstand Push Ups

3×8

Explosive Close to Wide Push Ups

3×20

Dips

3×20

Straight Body Pulls (Rings)

3×5

Hollow Hold

3×30 Seconds

**Ab Workout:**

V-Ups

3×Failure

Hollow Rocks

3×30

Stability Ball Plank Holds

3×Failure

**Nightwing Calisthenics Workout: High Intensity Calisthenics  
Circuit A**

**Complete 5 Rounds**

100 Jump Rope

30 Push Ups

50 Boxer Skips

25 Air Squats

50 Boxer Skips

25 Jumping Lunges

50 Boxer Skips

30 Mountain Climbers

## **Nightwing Calisthenics Workout: Acrobat Training B**

### **Warm Up:**

Stretch and Foam Roll

### **Workout:**

Muscle Ups (Bar)

3×8

Wall Climbs

3×12

Clap Push Ups

3×25

Dips

3×20

L-Sit Holds

3×30 Seconds

Reverse Superman Holds

3×30 Seconds

**Ab Workout:**

Sit Ups with Twist

3×Failure

Hanging Leg Raises

3×30

Forearm Planks

3×60 seconds

**Nightwing Calisthenics Workout: High Intensity Calisthenics  
Circuit B**

**Complete 5 Rounds**

100 Jump Rope

25 Decline Push Ups

50 Boxer Skips

15 Box Jumps

50 Boxer Skips

30 Bicycle Crunches

50 Boxer Skips

20 Alternating Pistol Squats

## **Nightwing Calisthenics Workout: Acrobat Training C**

### **Warm Up:**

Stretch and Foam Roll

### **Workout:**

Chin Ups

3×10

Inch Worms

3×15



Push Ups

3×30

Dips

3×20

Wide Grip Pull Ups

3×5

Hollow Hold

3×30 Seconds

**Ab Workout:**

V-Ups

3×30

Lying Leg Raises w/ Hip Thrust

3×30

Side Planks

3×30 Seconds Each Side