

SPIKE SPIEGEL WORKOUT ROUTINE



Bonus PDF File
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SPIKE SPIEGEL WORKOUT ROUTINE

Training Volume:

3-5+ days per week

Explanation:

To become Spike Spiegel we don't have to train like crazy, but we do need to train to get a fairly chiseled physique. We'll be doing three days of calisthenics training paired with your choice of either high intensity interval training, long distance cardio/endurance training or mixed martial arts training another 2-3 days per week to shred fat and give us that lean and toned physique that Spike has.

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.

Spike Spiegel Workout Routine: Sample Workout Schedule

Monday: Spike Calisthenics A

Tuesday: Jeet Kune Do Training or HIIT/Cardio

Wednesday: Spike Calisthenics B

Thursday: Jeet Kune Do Training or HIIT/Cardio

Friday: Spike Calisthenics C

Saturday: Active Rest Day

Sunday: Rest Day

I'll provide Mixed Martial Arts, HIIT and Cardio Resources at the end of the routine.

Spike Spiegel Workout Routine: Spike Calisthenics A

Warm Up:

800m Jog

Workout:

Jump Rope:

3×100

Push Ups

4×25

Chest Dips

4×15

Sit Ups

3×30

Lying Leg Raises

3×20

Jump Squats

3×20

Chin Ups

3×10

Spike Spiegel Workout Routine: Spike Calisthenics B

Warm Up:

800m Jog

Workout:

Boxer Skip:

3×60

Close to Wide Push Ups

4x20

Tricep Dips

4x15

V-Ups

3x30

Hanging Leg Raises

3x20

Jumping Lunges

3x20

Pull Ups

3x10

Spike Spiegel Workout Routine: Spike Calisthenics C

Warm Up:

800m Jog

Workout:

Double Unders:

3×20

Incline Push Ups

4×20

Bench Dips

4×25

Bicycle Crunches

3×30

Hanging Knee Raises with Twist

3×20

Glute Bridges

3×20

Wide Grip Pull Ups

3×8

Spike Spiegel Workout Routine: MMA, HIIT and Cardio 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](#)

MMA Training 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](#)

Endurance Training Mileage:

Beginner: 1-3 Miles

Intermediate: 3-5 Miles

Advanced: 5+ Miles