

HAWKS

WORKOUT ROUTINE



Bonus PDF File
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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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HAWKS WORKOUT ROUTINE

Training Volume:

5+ days per week

Explanation:

We're going to be working with calisthenics and bodyweight training primarily, but that will also include high intensity interval training, endurance work and more!

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.

Hawks Workout Routine: Sample Workout Schedule

Monday: Calisthenics with Upper Body and Speed Focus

Tuesday: Long Distance Endurance Work Training

Wednesday: Calisthenics with Full Body and Speed Focus

Thursday: Hawks HIIT

Friday: Calisthenics with Lower Body and Speed Focus

Saturday: Bonus Resource Optional Training (Parkour/MMA/Etc.)

Sunday: Mandatory Rest Day

Hawks Workout Routine: Calisthenics with Upper Body and Speed Focus

Warm Up:

15-30 Minutes of Varied Cardio

(Run/Row/Bike/Elliptical)

Workout:

Superset One:

A. Close to Wide Push Ups

3×20

B. Plank to Push Ups

3×10

Superset Two:

A. Inch Worms

3×10

B. Mountain Climbers

3×20

Superset Three:

A. Sit Ups

3×20

B. Dips

3×20

Finisher: 3 Rounds, Descending Reps each Round

20-15-10

Explosive Push Ups

Bicycle Crunches

Double Unders

Hawks Workout Routine: Long Distance Endurance Work

This long distance endurance work is something you're going to build up and work on over time.

To start out it might only be 1-2 miles walking and running on and off, but as you build up your endurance you'll slowly work up to 5+ miles of running each time.

I will provide more resources to help below.

Beginner: 1-3 Miles

Intermediate: 3-5 Miles

Advanced: 5+ Miles

Endurance 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](#)
- [How To Continue Training After Your First 5K \(Workout Included\)](#)

Hawks Workout Routine: Calisthenics with Full Body and Speed Focus

Warm Up:

15-30 Minutes of Varied Cardio

(Run/Row/Bike/Elliptical)

Workout:

Superset One:

A. Half Burpees

3×20

B. Alternating Pistol Squats

3×10

Superset Two:

A. Handstand Push Ups

3×10

B. Lying Leg Raises

3×20

Superset Three:

A. Box Jumps

3×20

B. Push Ups

3×20

Finisher: 3 Rounds, Descending Reps each Round

20-15-10

Jump Squats

Flutter Kicks

Chair Dips

Hawks Workout Routine: Hawk HIIT

I'm going to be writing you a HIIT day, but I'll also provide some bonus resources to utilize if you'd like to swap styles of training.

Hawk HIIT Workout:

Complete 5 Rounds for Time (Break 1-5 Minutes Between Rounds As Needed)

100 Jump Rope

20 Handstand Push Ups

10 Box Jumps

20 Slow Mountain Climbers

10 Burpees

20 Explosive Push Ups

10 Double Unders

20 Jumping Lunges

HIIT Resources:

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

Hawks Workout Routine: Calisthenics with Lower Body and Speed Focus

Warm Up:

15-30 Minutes of Varied Cardio

(Run/Row/Bike/Elliptical)

Workout:

Superset One:

A. Air Squats

3×20

B. Glute Bridges

3×10

Superset Two:

A. Wall Sits

3×60 Seconds

B. Hanging Leg Raises

3×20

Superset Three:

A. Plank

3×60 seconds

B. Alternating Step Ups

3×20

Finisher: 3 Rounds, Descending Reps each Round

20-15-10

Skater Lunges

Double Unders

Pause Squats

Hawks Workout Routine: Bonus Training Resources

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](#)

Parkour Training Resources

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