

# SHANKS

## WORKOUT ROUTINE



Bonus PDF File  
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# SHANKS WORKOUT ROUTINE

## Training Volume:

5+ days per week

## Explanation:

Shanks is insanely strong, but he's also human. To replicate his strength and also make this routine fun for all our new anime fans to take advantage of I'm going to be building it around calisthenics mixed with HIIT training. This can also be paired with some extra endurance work, mixed martial arts, and even parkour that I'll provide resources for below.

## 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.

## Shanks Workout Routine: Sample Workout Schedule

**Monday:** Red-Hair Calisthenics Supersets and Finisher A

**Tuesday:** Pirate Calisthenics HIIT A

**Wednesday:** Long Distance Endurance Calisthenics Circuit

**Thursday:** Red-Hair Calisthenics Supersets and Finisher C

**Friday:** Pirate Calisthenics HIIT A

**Saturday:** Optional MMA/Parkour/Extra Endurance or Active Rest Day

**Sunday:** Mandatory Rest Day

## **Shanks Workout Routine: Red-Hair Calisthenics Supersets and Finisher A**

### **Warm Up:**

800-1600m Jog

### **Workout:**

#### **Superset One:**

A. Handstand Push Ups

3×10

B. L-Sit Hold

3×30 Seconds

#### **Superset Two:**

A. Jump Squats

3×10

B. Lying Leg Raises with Hip Thrust

3×20

**Superset Three:**

A. Chair Dips

3×10

B. V-Ups

3×20

**HIIT Finisher: 3 Rounds for Time**

10 Plank to Push Ups

5 Box Jumps

10 Planking Shoulder Taps

5 Burpees

**Shanks Workout Routine: Pirate Calisthenics HIIT A**

**Complete 5 Rounds for Time:**

100 Jump Ropes or Jumping Jacks

25 Decline Push Ups

50 Jump Rope, Jumping Jacks or Mountain Climbers

20 Dips

50 Jump Rope, Jumping Jacks or Mountain Climbers

15 Air Squats

50 Jump Rope, Jumping Jacks or Mountain Climbers

10 Burpees

## **Shanks Workout Routine: Long Distance Endurance Calisthenics Circuit**

**Complete 2 Rounds for Time:**

800m Run

50 Chin Ups

75 Push Ups

100 Air Squats

## **Shanks Workout Routine: Red-Hair Calisthenics Supersets and Finisher B**

**Warm Up:**

800-1600m Jog

**Workout:**

**Superset One:**

A. Close to Wide Push Ups

3×20

B. Hollow Hold

3×30 Seconds

**Superset Two:**

A. Jumping Lunges

3×10 each leg

B. Mountain Climbers

3×20

**Superset Three:**

A. Dips

3×15

B. Sit Ups with Twist

3×20

**HIIT Finisher: 3 Rounds for Time**

10 Half Burpees

30 Second Plank

10 Alternating Pistol Squats

5 3-Second Pause Squats

**Shanks Workout Routine: Pirate Calisthenics HIIT B**

**Complete 5 Rounds for Time:**

100 Jump Ropes or Jumping Jacks

30 Push Ups

50 Jump Rope, Jumping Jacks or Mountain Climbers

25 Sit Ups

50 Jump Rope, Jumping Jacks or Mountain Climbers

20 Bodyweight Skull Crushers

50 Jump Rope, Jumping Jacks or Mountain Climbers

10 Box Jumps



# Shanks Workout Routine: Alternative 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](#)

## HIIT Resources:

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

## 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](#)