

# OGUN MONTGOMERY WORKOUT ROUTINE



Bonus PDF File  
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# OGUN MONTGOMERY WORKOUT ROUTINE

**Training Volume:** 5 days per week

## **Explanation:**

Similar to what we've seen for some other characters with Ogun-like aesthetics and abilities, we're going to be training with 3 days of calisthenics, 1 day of High Intensity Interval Training, and 1 day devoted to Endurance 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.

## **Ogun Montgomery Workout Routine: Sample Workout Schedule**

**Monday:** The 4th's Star Rookie Calisthenics A

**Tuesday:** Pyrokinetic Endurance Training

**Wednesday:** The 4th's Star Rookie Calisthenics B

**Thursday:** Fire Force HIIT

**Friday:** The 4th's Star Rookie Calisthenics C

**Saturday:** Optional Mixed Martial Arts, HIIT, Parkour or Active Rest Day

**Sunday:** Mandatory Rest Day

## **Ogun Montgomery Workout Routine: The 4th's Star Rookie Calisthenics A**

### **Warm Up:**

10 Minutes of "On and Off" Sprints

*\*\*Sprint 1 Min, Walk 1 Min for 10 Min\*\**

### **Workout:**

#### **Giant Set A:**

A. Push Ups

3×30

B. Mountain Climbers

3×25

C. Sit Ups

3×20

D. Dips

3×15

**Giant Set B:**

A. Jumping Lunges

3×30

B. L-Sit Hold

3×25 seconds

C. Planking Shoulder Taps

3×20

D. Half Burpees

3×10

**Ogun Montgomery Workout Routine: Pyrokinetic Endurance Training**

**Complete your run based on your overall fitness level.**

*Feel free to scale this to a different type of endurance training (bike, row, StairMaster, elliptical, etc.).*

**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 Train After Your First 5K \(Workout Included\)](#)

**Ogun Montgomery Workout Routine: The 4th's Star Rookie Calisthenics B**

**Warm Up:**

10 Minutes of "On and Off" Sprints

*\*\*Sprint 1 Min, Walk 1 Min for 10 Min\*\**

**Workout:**

**Giant Set A:**

A. Decline Push Ups

3×20

B. Quarter Burpees

3×20

C. V-Ups

3×20

D. Diamond Push Ups

3×10

**Giant Set B:**

A. Air Squats

3×30

B. Box Jumps

3×10

C. Glute Bridges

3×20

D. Spiderman Push Ups

3×10

**Ogun Montgomery Workout Routine: Fire Force HIIT**

## **Complete 4 Rounds (Only Break Between Rounds If Needed):**

400m Run

25 Push Ups

20 Jump Squats

15 Dips

10 Chin Ups

### **Alternative HIIT Resources:**

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

## **Ogun Montgomery Workout Routine: The 4th's Star Rookie Calisthenics C**

### **Warm Up:**

10 Minutes of "On and Off" Sprints

*\*\*Sprint 1 Min, Walk 1 Min for 10 Min\*\**

### **Workout:**

#### **Giant Set A:**

A. Close to Wide Push Ups



3×20

B. Wall Climbs

3×10

C. Superman Hold

3×30 Seconds

D. Plank to Push Up

3×10

**Giant Set B:**

A. 3-Point Squats

3×30

B. Wall Sit

3×30 seconds

C. Lying Leg Raises

3×25

D. Flutter Kicks

3×50