

OVERHAUL WORKOUT ROUTINE



Bonus PDF File
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OVERHAUL WORKOUT ROUTINE

Training Volume:

3+ days per week

Explanation:

We're going to be keeping this one nice and easy considering we're training to become a super-POWERFUL character, but the routine itself is based on his aesthetic more than his powers (which don't translate that well to physical training). That being said, we'll be working around a basic 3 day calisthenics training split and you'll have optional training you can build into the routine as well with parkour, MMA and endurance work.

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.

Overhaul Workout Routine: Sample Workout Schedule

Monday: Overhaul Calisthenics Work A

Tuesday: Yakuza Optional Training

Wednesday: Overhaul Calisthenics Work B

Thursday: Yakuza Optional Training

Friday: Overhaul Calisthenics Work C

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

Sunday: Mandatory Rest Day

Overhaul Workout Routine: Overhaul Calisthenics Work A

Warm Up:

Jog 800-1600m

Workout:

Push Ups

4x25

Sit Ups

4x20

Air Squats

4x15

Dips

4×10

Pull Ups

4×5-10

Hollow Hold

3×30 Seconds

Overhaul Workout Routine: Overhaul Calisthenics Work B

Warm Up:

Jog 800-1600m

Workout:

Close To Wide Push Ups

4×20

Lying Leg Raises

4×20

Jumping Lunges

4×10

Chair Dips

4×15

Chin Ups

4×5-10

Plank

3×60 Seconds

Overhaul Workout Routine: Overhaul Calisthenics Work C

Warm Up:

Jog 800-1600m

Workout:

Plank to Push Up

4×15

V-Ups

4×20

Glute Bridges

4×15

Skull Crushers (Calisthenics Version)

4×10

Wide Grip Pull Ups

4×5-10

Superman Hold

3×30 Seconds

Overhaul Workout Routine: Optional Additional Training Resources

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 \(Workout Included\)](#)

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](#)