

SABO WORKOUT ROUTINE



Bonus PDF File
By: Mike Romaine

Copyright Notice

No part of this report may be reproduced or transmitted in any form whatsoever, electronic, or mechanical, including photocopying, recording, or by any informational storage or retrieval system without expressed written, dated and signed permission from the author. All copyrights are reserved.

Disclaimer and/or Legal Notices

The information provided in this book is for educational purposes only. I am not a doctor and this is not meant to be taken as medical advice.

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 ensure 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.

This product is for informational purposes only and the author does not accept any responsibilities for any liabilities or damages, real or perceived, resulting from the use of this information.

SABO WORKOUT ROUTINE

Training Volume:

5 days per week

Explanation:

We're going to be utilizing three days of gymnast style full body calisthenics and holds to build up the physique and strength Sabo has – while also tacking on one day of circuit training and another of basic endurance training. This will allow us to work on our endurance and pull it all together into the circuit as well.

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 & traditional pyramid training, straight sets, super sets, progressive overload and more.

Sabo Workout Routine: Sample Workout Schedule

Monday: Chief of Staff Calisthenics A

Tuesday: Dragon Training Circuit

Wednesday: Chief of Staff Calisthenics A

Thursday: Hack Endurance Training

Friday: Chief of Staff Calisthenics C

Saturday: Optional Additional Training with Resources

Sunday: Rest Day

Sabo Workout Routine: Chief of Staff Calisthenics A

Warm Up:

Run 800M

Calisthenics Training:

Decline Push Ups

3×30

Mountain Climbers

3×25

Cossack Squats

3×20 Total

Dips

3×15

Wall Climbs

3×10

Holds and Core Work:

Sit Ups

3×25

Plank Hold

3×60 Seconds

L Sit Hold

3×20-30 Seconds

Flutter Kicks

3×30

Sabo Workout Routine: Dragon Training Circuit

Warm Up:

25 Jumping Jacks

25 Butt Kicks

25 High Knees

Circuit: Complete 4 Rounds

Run 400M

25 Push Ups

20 Jump Squats

15 Dips

10 Pike Push Ups

Sabo Workout Routine: Chief of Staff Calisthenics B

Warm Up:

Run 800M

Calisthenics Training:

Close to Wide Push Ups

3×30

Box Jumps

3×25

Plank to Push Ups

3×20

Bulgarian Split Squats

3×15 each leg

Wide Grip Pull Ups

3×10

Holds and Core Work:

V-Ups

3×25

Side Planks

3×30 Seconds Each Side

Hollow Hold

3×20-30 Seconds

Lying Leg Raises

3×30

Sabo Workout Routine: Hack Endurance Training

Warm Up:

- Walk/Jog 10 Minutes

Sprint Session: 20 Minutes

- One Minute ON: 60 Second Sprint
- One Minute OFF: 60 Second Walk
- Rinse and Repeat for 20 Minutes Total

Endurance Finisher: 30 Minutes

- Run 3 Minutes
- Walk 2 Minute
- Rinse and Repeat for 30 Minutes Total

Sabo Workout Routine: Chief of Staff Calisthenics C

Warm Up:

Run 800M

Calisthenics Training:

Explosive Push Ups

3×30

Planking Shoulder Taps

3×26

Glute Bridges

3×20

Tricep Extensions (Calisthenics)

3×15

Chin Ups

3×10

Holds and Core Work:

Knee Tucks

3×25

Planks

3×60

Superman Hold

3×20-30 Seconds

Lying Leg Raises with Hip Thrust

3×20

Yami Workout Routine: Optional Additional Training Resources

HIIT Training Resources:

- [The Best HIIT Workouts](#)
- [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](#)
- [How To Train After Your First 5K \(Workout Included\)](#)

Parkour Training Resources:

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

Main MMA Training Resources

- [Anna Diop Workout Routine and Diet Plan](#)
- [Ryan Potter Workout Routine and Diet Plan](#)
- [Frank Grillo Boxing Workout](#)

Other MMA Training Resources:

- [Deathstroke Workout Routine](#)

- [Daredevil Workout Routine](#)
- [Moon Knight Workout Routine](#)
- [Sagat Workout Routine](#)