

DABI 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 ensure the tips given in this course are appropriate for your individual circumstances.

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DABI WORKOUT ROUTINE

Training Volume:

5 days per week

Explanation:

We're going to be working with 4 days of calisthenics training and then one day long and crazy calisthenics circuit that will be our Endeavor 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.

Dabi Workout Routine: Sample Schedule

Monday: League of Villains Calisthenics A

Tuesday: League of Villains Calisthenics B

Wednesday: Endeavor Calisthenics Circuit Training

Thursday: League of Villains Calisthenics C

Friday: League of Villains Calisthenics D

Saturday: Optional Bonus Training Day

Sunday: Rest Day

Dabi Workout Routine: League of Villains Calisthenics A

Warm Up:

400-800M Run

Workout:

Mountain Climbers

3×30

Push Ups

3×25

Sit Ups

3×20

Pause Squats

3×15

Chest Dips

3×12

Pull Ups

3×8

Circuit Finisher: 2 Rounds – Complete Each Movement for 30 Seconds Each

Plank

Alternating Pistol Squats

V-Ups

Half Burpees

Dabi Workout Routine: League of Villains Calisthenics B

Warm Up:

400-800M Run

Workout:

Planking Knee Taps

3×30

Wide to Close Push Ups

3×25

V-Ups

3×20

Wide to Close Squats

3×15

Plank to Push Ups

3×12

Wall Climbs

3×8

Circuit Finisher: Complete 3 Rounds Descending Reps 20->15->10

Half Burpees

Clap Push Ups

Dabi Workout Routine: Endeavor Calisthenics Circuit Training

Warm Up:

25 Jumping Jacks

25 High Knees

25 Butt Kicks

Workout: Complete 4 Rounds

400M Run

30 Decline Push Ups

25 Russian Twists

20 Box Jumps

15 Double Unders

10 Inch Worms

Dabi Workout Routine: League of Villains Calisthenics C

Warm Up:

400-800M Run

Workout:

Mountain Climbers

3×30

Diamond Push Ups

3×25

Lying Leg Raises

3×20

Jump Squats

3×15

Tricep Dips

3×12

Chin Ups

3×8

Circuit Finisher: 2 Rounds – Complete Each Movement for 30 Seconds Each

Side Plank Right Side

Wall Sit

Side Plank Left Side

Jumping Lunges

Dabi Workout Routine: League of Villains Calisthenics D

Warm Up:

400-800M Run

Workout:

Double Unders

3×30

Wide Push Ups

3×25

Knee Tucks

3×20

Side Lunges

3×15 each leg

Tricep Extensions (Calisthenics)

3×12

Wide Grip Pull Ups

3×8

Circuit Finisher: Complete 3 Rounds Descending Reps 20->15->10

Burpees

Planking Shoulder Taps

Dabi Workout Routine: Optional Additional Training Resources

Endurance Work 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 \(Workout Included\)](#)

HIIT Training Resources:

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

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](#)