

KITE

WORKOUT ROUTINE



Bonus PDF File
By: Mike Romaine

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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.

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.

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KITE WORKOUT ROUTINE

Training Volume:

5 days per week

Explanation:

Technically your stamina work will be resources I provide so if you were going to turn it into a 3-4 day routine instead of 5 those would be the days to omit from, but if we want to get anywhere near the level to become Kite-like we are going to want to perform at least these 5 days per week, including 3 days of calisthenics and speed training and the other 2 of 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 & traditional pyramid training, straight sets, super sets, progressive overload and more.

Kite Workout Routine: Sample Schedule

Monday: Hunter Calisthenics and Speed A

Tuesday: Ging Freecs & Kite Enhanced Stamina Training

Wednesday: Hunter Calisthenics and Speed B

Thursday: Ging Freecs & Kite Enhanced Stamina Training

Friday: Hunter Calisthenics and Speed C

Saturday: Optional Bonus Training Day

Sunday: Rest Day

Kite Workout Routine: Hunter Calisthenics and Speed A

Warm Up:

800M Jog

Workout:

Superset One:

A. Decline Push Ups

3×30

B. Hanging Knee Raises with Twist

3×30 (Total)

Superset Two:

A. Chin Ups

3×10

B. Mountain Climbers

3×20

Superset Three:

A. Chest Dips

3×15

B. Sit Ups

3×20

Superset Four:

A. 3-Point Squats

3×10 Each Point

B. Plank Hold

3×60 Seconds

Kite Workout Routine: Ging Freecs & Kite Enhanced Stamina Training

For your endurance or HIIT days you have quite a few options.

You can utilize enforced endurance training that I will program for you based on your fitness level like we do with other workouts here at SHJ...OR you can do 45-60+ minutes of varied cardio (bike, treadmill, elliptical, stairs, row, swim, etc.)...OR you can even use the HIIT resources I'll provide.

I'll break it down in that order:

Option One – Run Based on Overall Fitness Level:

Beginner: 1-3 Miles

Intermediate: 3-5 Miles

Advanced: 5+ Miles

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 \(Workout Included\)](#)

Option Two – Varied Cardio for 45-60 Minutes:

Split your cardio up however you'd like but complete 45-60+ minutes using:

- Treadmill Walk/Run
- Rower Machine
- StairMaster
- Elliptical
- Swim

- Bike

Option Three – Complete HIIT Training Using SHJ Resources:

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

Kite Workout Routine: Hunter Calisthenics and Speed B

Warm Up:

800M Jog

Workout:

Superset One:

A. Jumping Lunges

3×30 (Total)

B. V-Ups

3×30

Superset Two:

A. Wide Grip Pull Ups

3×10

B. Wide Push Ups

3×Failure

Superset Three:

A. Tricep Dips

3×15

B. Close Push Ups

3×Failure

Superset Four:

A. Air Squats

3×20

B. Box Jumps

3×20

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- Bike

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Kite Workout Routine: Hunter Calisthenics and Speed C

Warm Up:

800M Jog

Workout:

Superset One:

A. Double Unders

3×30

B. Half Burpees

3×15

Superset Two:

A. Chin Ups

3×10

B. Sit Ups with Twist

3×20

Superset Three:

A. Plank to Push Ups

3×15

B. L-Sit Hold

3×30 Seconds

Superset Four:

A. Clap Push Ups

3×20

B. Alternating Pistol Squats

3×20

Kite Workout Routine: Optional Additional Training Resources

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](#)