

# BAKUGO CALISTHENICS WORKOUT ROUTINE



Bonus PDF File  
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# BAKUGO CALISTHENICS WORKOUT ROUTINE

## Training Volume:

5 days per week

## Explanation:

For this routine we're going to be training with high intensity calisthenics work four days a week and then one day devoted to endurance work to continue improving on our stamina and making our calisthenics training and intensity that much easier.

## 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.

## Bakugo Calisthenics Workout Routine: Sample Schedule

**Monday:** Explosive Calisthenics Alpha

**Tuesday:** Explosive Calisthenics Bravo

**Wednesday:** Class 1-A Endurance Work

**Thursday:** Explosive Calisthenics Charlie

**Friday:** Explosive Calisthenics Delta

**Saturday:** Rest or Optional Additional Work

**Sunday:** Rest Day

## **Bakugo Calisthenics Workout Routine: Explosive Calisthenics Alpha**

### **Warm Up:**

2×25 High Knees

2×25 Butt Kicks

*5 Minute Walk if Needed to Get Warm*

### **Workout: Complete 3-5 Rounds**

Jump Rope (or Jumping Jacks or Toe Taps) x 50

Push Ups x 25

Jump Rope (or Jumping Jacks or Toe Taps) x 50

Air Squats x 20

Jump Rope (or Jumping Jacks or Toe Taps) x 50

Dips x 10

Jump Rope (or Jumping Jacks or Toe Taps) x 50

Sit Ups x 20

Jump Rope (or Jumping Jacks or Toe Taps) x 50

Chin Ups x 10

Jump Rope (or Jumping Jacks or Toe Taps) x 50

L-Sit Hold x 30 Seconds

*\*\*\*Break between rounds as needed.\*\*\**

## **Bakugo Calisthenics Workout Routine: Explosive Calisthenics Bravo**

### **Warm Up:**

2x25 High Knees

2x25 Butt Kicks

*5 Minute Walk if Needed to Get Warm*

**Workout: Complete 3-5 Rounds**

Jump Rope (or Jumping Jacks or Toe Taps) x 50

Decline Push Ups x 25

Jump Rope (or Jumping Jacks or Toe Taps) x 50

Glute Bridges x 20

Jump Rope (or Jumping Jacks or Toe Taps) x 50

Plank to Push Ups x 10

Jump Rope (or Jumping Jacks or Toe Taps) x 50

V-Ups x 20

Jump Rope (or Jumping Jacks or Toe Taps) x 50

Military Pull Ups x 10

Jump Rope (or Jumping Jacks or Toe Taps) x 50

Plank Hold x 60 Seconds

*\*\*\*Break between rounds as needed.\*\*\**

## **Bakugo Calisthenics Workout Routine: Class 1-A Endurance Work**

**For your endurance, HIIT or MMA/Parkour 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](#)

## **Bakugo Calisthenics Workout Routine: Explosive Calisthenics Charlie**

### **Warm Up:**

2×25 High Knees

2×25 Butt Kicks

*5 Minute Walk if Needed to Get Warm*

### **Workout: Complete 3-5 Rounds**

Jump Rope (or Jumping Jacks or Toe Taps) x 50

Wide Push Ups x 25

Jump Rope (or Jumping Jacks or Toe Taps) x 50

Lunges x 20

Jump Rope (or Jumping Jacks or Toe Taps) x 50



Skull Crushers x 10

Jump Rope (or Jumping Jacks or Toe Taps) x 50

Hanging Side Crunches x 20

Jump Rope (or Jumping Jacks or Toe Taps) x 50

Wide Grip Pull Ups x 10

Jump Rope (or Jumping Jacks or Toe Taps) x 50

Hollow Hold x 30 Seconds

*\*\*\*Break between rounds as needed.\*\*\**

## **Bakugo Calisthenics Workout Routine: Explosive Calisthenics Delta**

### **Warm Up:**

2×25 High Knees

2×25 Butt Kicks

*5 Minute Walk if Needed to Get Warm*

### **Workout: Complete 3-5 Rounds**

Jump Rope (or Jumping Jacks or Toe Taps) x 50

Close to Wide Push Ups x 25

Jump Rope (or Jumping Jacks or Toe Taps) x 50

Bulgarian Split Squats x 20

Jump Rope (or Jumping Jacks or Toe Taps) x 50

Dips x 10

Jump Rope (or Jumping Jacks or Toe Taps) x 50

Lying Leg Raises x 20

Jump Rope (or Jumping Jacks or Toe Taps) x 50

Handstand Push Ups x 10

Jump Rope (or Jumping Jacks or Toe Taps) x 50

Hollow Hold x 30 Seconds

*\*\*\*Break between rounds as needed.\*\*\**

## **Bakugo Calisthenics 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](#)