

GAPPY 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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GAPPY WORKOUT ROUTINE

Training Volume:

3-5 days per week

Explanation:

The main focus of this program is a scaled down calisthenics routine, but you can also (optionally) add in bonus endurance work, parkour, or even mixed martial arts using the resources I'll provide.

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.

Gappy Workout Routine: Sample Schedule

Monday: Gappy Fusion Calisthenics A

Tuesday: Optional Additional Training

Wednesday: Gappy Fusion Calisthenics B

Thursday: Optional Additional Training

Friday: Gappy Fusion Calisthenics C

Saturday: Rest or Optional Additional Work

Sunday: Rest Day

Gappy Workout Routine: Gappy Fusion Calisthenics A

Warm Up:

Walk/Run for 5-10 Minutes

Workout:

Air Squats (Scale with Chair)

3×25

Push Ups (Scale to Knee or Pause Push Ups)

3×20

Mountain Climbers (Scale by Slowing Down and Using Breaks)

3×15

Dips (Scale with Chair)

3×10

Pull Ups (Scale to Pike Push Ups, or Assisted Pull Ups)

3×8

Optional Core Work:

Sit Ups (Scale to Crunches)

3×20

Lying Leg Raises (Scale by Bending Knees)

3×20

Hollow Hold (Scale with Breaks)

3×30 seconds

Gappy Workout Routine: Gappy Fusion Calisthenics B

Warm Up:

Walk/Run for 5-10 Minutes

Workout:

Glute Bridges

3×25

Decline Push Ups (Scale to Knee or Pause Push Ups)

3×20

Plank to Push Ups

3×15

Dips (Scale with Chair)

3×10

Chin Ups (Scale to Pike Push Ups, or Assisted Pull Ups)

3×8

Optional Core Work:

V-Ups (Scale to Crunches)

3×20

Lying Leg Raises (Scale by Bending Knees)

3×20

Superman Hold (Scale with Breaks)

3×30 seconds

Gappy Workout Routine: Gappy Fusion Calisthenics C

Warm Up:

Walk/Run for 5-10 Minutes

Workout:

Lunges

3×15 each leg

Wide to Close Push Ups (Scale to Knee or Pause Push Ups)

3×20

Donkey Kicks

3×15 each leg

Skull Crushers (Calisthenics Variation)

3×10

Wide Pull Ups (Scale to Pike Push Ups, or Assisted Pull Ups)

3×8

Optional Core Work:

Sit Ups (Scale to Crunches)

3×20

Lying Leg Raises (Scale by Bending Knees)

3×20

Plank Hold

3×60 seconds

Gappy 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](#)