

# KING WORKOUT ROUTINE



Bonus PDF File  
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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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# KING WORKOUT ROUTINE

## Training Volume:

3+ Days Per Week

## Explanation:

We're going to be revolving this one around a split we normally don't utilize with our calisthenics training, but we'll be doing an upper, low, full body split, with core, holds and cardio in there 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.

## King Workout: Sample Workout Schedule

**Monday:** Fairy King Upper Body Calisthenics and Core

**Tuesday:** Seven Deadly Sins Endurance and/or HIIT

**Wednesday:** Fairy King Lower Body Calisthenics and Core

**Thursday:** Seven Deadly Sins Endurance and/or HIIT

**Friday:** Fairy King Full Body Calisthenics and Core

**Saturday:** Active Rest Day

**Sunday:** Mandatory Rest Day

## **King Workout: Fairy King Upper Body Calisthenics and Core**

### **Warm Up:**

Jump Rope

3×50-100

### **Workout:**

Regular Push Ups

3×20

Diamond/Close Push Ups

3×20

Dips

3×15

Chin Ups

3×10

Wide Pull Ups

3×5

Plank to Push Up

3×25

Tricep Extensions (Bodyweight)

3×15

**Core:**

Lying or Hanging Leg Raises

3×20

Sit Ups

3×20

## **King Workout Routine: Seven Deadly Sins Endurance or HIIT**

**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](#)
- [Academy Members:](#) Insert a Benchmark Hero Workout (Circuit) or SHJ Core Circuit Test

## King Workout: Fairy King Lower Body Calisthenics and Core

Warm Up:

Jump Rope

3×50-100

**Workout:**

Air Squats

3×25

Lunges

3×20 (total)

Glute Bridges

3×15

Jump Squats

3×10

Pistol Squats or Practice

3×5 each leg

Calf Raises

3×25

**Core:**

Lying or Hanging Leg Raises

3×20

V-Ups

3×20

## **King Workout Routine: Seven Deadly Sins Endurance or HIIT**

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*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:**

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- [Academy Members](#): Insert a Benchmark Hero Workout (Circuit) or SHJ Core Circuit Test

## **King Workout: Fairy King Full Body Calisthenics and Core**

**Warm Up:**

Jump Rope

3×50-100

**Workout:**

Push Ups

4×25

Air Squats

4×25

Dips

4×15

Pull Ups

4×10

Wall Climbs

4×5

Wall Sit

3×60 seconds

**Core:**

Lying or Hanging Leg Raises

3×20

Suitcases

3×20

## **King 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](#)