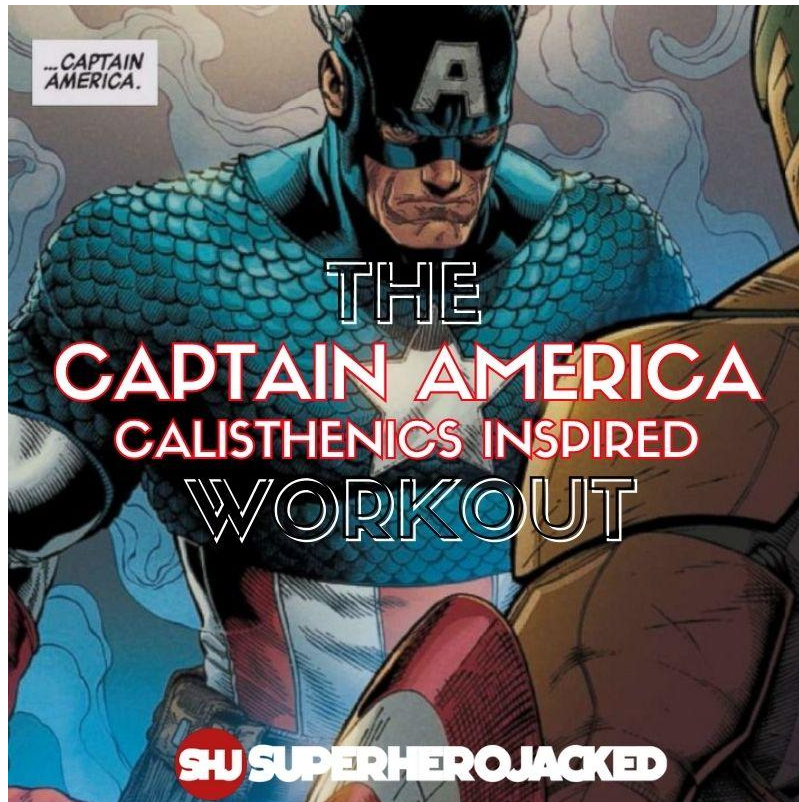


CAPTAIN AMERICA CALISTHENICS WORKOUT



Bonus PDF File
By: Mike Romaine

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The information provided in this book is for educational purposes only. I am not a doctor and this is not meant to be taken as medical advice.

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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CAPTAIN AMERICA CALISTHENICS WORKOUT

Training Volume:

5 days per week

Explanation:

For this one we're going to be combining multiple workout routines we researched from professional gymnasts like Paul Ruggeri, a former Team USA gymnast, Jake Dalton and more! On top of that we're also going to be having a good ol' fashion "Captain America Circuit Test" in here as well, which will be a fifth training day, but it's only here to be added in every so often so you can re-test it to see how your performance level is increasing.

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.

Captain America Calisthenics Workout Routine: Sample Schedule

Monday: Cap Meets Jake Dalton

Tuesday: Cap Meets Paul Ruggeri

Wednesday: Captain America Circuit Test

Thursday: Cap Meets Jake Dalton

Friday: Cap Meets Paul Ruggeri

Saturday: Optional Endurance Training

Sunday: Mandatory Rest Day

Captain America Calisthenics Workout: Cap Meets Jake Dalton

In order to complete this workout you will likely need to utilize scaling and progression from our [Ultimate Calisthenics Workout & Guide](#).

Warm Up:

Stretch and Foam Roll

Workout:

Muscle Ups (Rings)

3×5

Handstand Push Ups

3×8

Kettlebell Swings

3×15

Shoulder Presses

3×6

Straight Body Pulls (Rings)

3×5

Hollow Hold

3×30 Seconds

Ab Workout:

Stability Ball Push Up with Pike

3×Failure

V-Ups

3×Failure

Hollow Rocks

3×30

Stability Ball Plank Holds

3xFailure

Captain America Calisthenics Workout: Cap Meets Paul Ruggeri

Warm Up:

This is literally one of Paul Ruggeri, a former Team USA gymnast's morning routines.

5 min light cardio

Stretch:

3 splits 1 min each

Pancake for 1 minute

Bridge for 1 minute

Toe Touch for 1 minute

Core Circuit:

30 Pike-Ups

30 Superman Pulses

30 Push-Ups (Regular, Diamond, Wide)

1 Minute Hollow Hold

1 Minutes Superman Hold

30 Sit Ups

2×30 Side Plank Pulses

Calisthenics Workout:

This can be done separately from the above workout/warm up or right after

Warm Up:

Jumping Jacks

Total: 50

Push Ups

Total: 30

Tricep Extensions

Total: 15

Workout:

Handstand Push Ups (Scale to Pike)

5×10

Bench Dips

3×50

Burpees

8×10

In and Outs (Abs)

8×20

Captain America Calisthenics Workout: Captain America Circuit Test

In a perfect world our [Academy](#) members or [90 Day System](#) members will use this day to work in our Benchmark Workouts to continue testing and improving scores and tracking them against other members; especially our SHJ Core Benchmarks (although our Hero Benchmarks are just as awesome).

If you are not an Academy member or you don't have access to a 90 Day System, you can also sub in different circuits here from some of the HIIT resources I provide.

(Another note: You should continue coming back and re-trying to workout every so often to see how much you can improve your score!)

Captain America Circuit Test: Complete One Round for Time

1 Mile Run

100 Pull Ups

200 Push Ups

300 Squats

1 Mile Run

(Wearing a 20 lbs. weighted vest makes it a true "Murph Workout")

Captain America Calisthenics Workout: Cap Meets Jake Dalton

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Warm Up:

Stretch and Foam Roll

Workout:

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3×5

Handstand Push Ups

3×8

Kettlebell Swings

3×15

Shoulder Presses

3×6

Straight Body Pulls (Rings)

3×5

Hollow Hold

3×30 Seconds

Ab Workout:

Stability Ball Push Up with Pike

3×Failure

V-Ups

3×Failure

Hollow Rocks

3×30

Stability Ball Plank Holds

3×Failure

Captain America Calisthenics Workout: Cap Meets Paul Ruggeri

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5 min light cardio

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Core Circuit:

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30 Superman Pulses

30 Push-Ups (Regular, Diamond, Wide)

1 Minute Hollow Hold

1 Minutes Superman Hold

30 Sit Ups

2×30 Side Plank Pulses

Calisthenics Workout:

This can be done separately from the above workout/warm up or right after

Warm Up:

Jumping Jacks

Total: 50

Push Ups

Total: 30

Tricep Extensions

Total: 15

Workout:

Handstand Push Ups (Scale to Pike)

5×10

Bench Dips

3×50

Burpees

8×10

In and Outs (Abs)

8×20

Captain America Calisthenics Workout: Super Soldier 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](#)
- [Academy Members](#): Insert a Benchmark Hero Workout (Circuit) or SHJ Core Circuit Test

Captain America Calisthenics Workout: 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](#)