

"PREP TIME"

A Batman Training Routine

FULL BODY

Back Bridge 2 x 30 Secs
Side Plank 2 x Failure
L-Sit to HP 2 x Failure
Dragon Flag 2 x Failure
Turkish Getup 2 x 8
Gama Cast 2 x 15
Crawls 2 x 1 Minute
Running 3 x 100 Meter Sprints

PUSH

Wall Dip 2 x 10
Bench Press 2 x 6
Military Press 2 x 6
Lalanne Push Up 2 x Failure
Single Arm Cable Press 2 x 10
Rotational Throw 2 x 30 Secs
Jack Push Up-Burpee 2 x 30 secs
Push Ups 2 x Failure

PULL

Deadlift 2 x 6
Rope Climb 2 x 30 Secs
Weighted Pull Ups 2 x 10
Wall Pull 2 x 10
Single Arm Cable Row 2 x 10
Bodyweight Row 2 x Failure
Med Ball Slams 2 x 30 seconds
Hangs 2 x Failure

LEGS

Splits Push Up 2 x 10
Glute Bridge 2 x 10
Deep Squat 2 x 30 Secs
Back Squats 2 x 6
ATG Split Squat 2 x 10
Cossack Squat 2 x 10
Shadow Boxing 3 x 30 Secs
Car Push 3 x 1 Minute

MINDSET BOLT-ON

Pre-fatigued focus work: juggling, reaction ball, sparring - 3 x 1 Min
Meditation - 10-30 Minutes

Rest times: 90 seconds

Train with weights to hit *technical" failure after target number of reps.

Pre-fatigue focus work should be practiced immediately after metabolic finishers (sprinting, high-rep push ups, med ball slams, car push)

Build up to this slowly. Be careful. Listen to your body. Use easier progressions as necessary.

Remember: you are not *actually* Batman.