

The Aquaman Workout Routine



Bonus PDF File
By: **Mike Romaine**



Copyright Notice

No part of this report may be reproduced or transmitted in any form whatsoever, electronic, or mechanical, including photocopying, recording, or by any informational storage or retrieval system without expressed written, dated and signed permission from the author. All copyrights are reserved.

Disclaimer and/or Legal Notices

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 insure 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.

This product is for informational purposes only and the author does not accept any responsibilities for any liabilities or damages, real or perceived, resulting from the use of this information.

The Aquaman Workout Routine

Training Volume:

4-6 days per week

Explanation:

We're talking about Aquaman here. This routine is pretty brutal. BUT, it's effective and will leave you sore and wanting more. There are 4 days of programmed training, and the other 1-2 days can be added as activity or mixed martial arts training. All heroes should know how to defend themselves.

What you need to know:

A Superset means you're performing those movements back to back. If a movement is part of "Superset 1" it's part of the grouping of movements in that superset and you perform them back to back and then proceed to break and do another set [of those movements] after.

HIIT stands for High Intensity Interval Training. Do one minute ON (sprint 6-10mph) and one minute OFF (walk 2.5-3.3mph) for 25 minutes. That means you go back and forth every minute for the duration. On, off, on, off, etc.

When lifting your initial lifts/compounds (especially), you should be using [pyramid training](#).

Day 1: Deadlifts and Swim

-15 min treadmill/bike/elliptical

-Deadlifts: 15, 12, 10, 8

- Pull Ups: 3Xfailure-super set 1
- Ball Slams: 3X20-super set 1
- Heavy Bag: 3X1 min-super set 2
- Box Jumps: 3X10-super set 2
- Burpees: 3X10-super set 2
- Sit Ups: 3X20-super set 3
- Floor Wipers: 3X10-super set 3
- Superman: 3X1 min-super set 3
- Planks: 3X1 min-super set 3
- Freestyle Swim: 3X100 meters-super set 4
- Push Ups: 3X20-super set 4
- Crunches: 3X20-super set 4

Day 2: Bench and Swim

- 15 min treadmill/bike/elliptical
- Bench Press: 15, 12, 10, 8
- Dips: 3Xfailure-super set 1
- Kettle Bell Swing: 3X20-super set 1

- Heavy Bag: 3X1 min-super set 2
- Jump Rope: 3X1min-super set 2
- Man Makers: 3X10-super set 2
- Sit Ups: 3X20-super set 3
- Floor Wipers: 3X10-super set 3
- Superman: 3X1 min-super set 3
- Planks: 3X1 min-super set 3
- Breaststroke Swim: 3X100 meters-super set 4
- Push Ups: 3X20-super set 4
- Flutter Kicks: 3X20-super set 4

Day 3: Squat and Swim

- 15 min treadmill/bike/elliptical
- Squat: 15, 12, 10, 8
- Lunges: 3Xfailure-super set 1
- Clean and Press: 3X10-super set 1
- Heavy Bag: 3X1 min-super set 2
- Box Jumps: 3X10-super set 2

- Burpees: 3X10-super set 2
- Sit Ups: 3X20-super set 3
- Floor Wipers: 3X10-super set 3
- Superman: 3X1 min-super set 3
- Planks: 3X1 min-super set 3
- Butterfly Swim: 3X100 meters-super set 4
- Push Ups: 3X20-super set 4
- Reverse Superman: 3X1 min-super set 4

Day 4: Clean and Swim

- 15 min treadmill/bike/elliptical
- Thrusters: 15, 12, 10, 8
- Wall Balls: 3Xfailure-super set 1
- Cleans: 3X10-super set 1
- Heavy Bag: 3X1 min-super set 2
- Jump Rope: 3X1min-super set 2
- Man Makers: 3X10-super set 2
- Sit Ups: 3X20-super set 3

-Floor Wipers: 3X10-super set 3

-Superman: 3X1 min-super set 3

-Planks: 3X1 min-super set 3

-Backstroke Swim: 3X100 meters-super set 4

-Push Ups: 3X20-super set 4

-Leg Raises: 3X20-super set 4

Bonus 1-2 Days: Activity, Parkour and MMA

All heroes should know how to defend themselves.

Just ask MMA Coach Derek in [The Academy](#).

Add in an extra day or two of MMA style training to take your inner Superhero unleashing to a new level.