

THE BEAST

WORKOUT ROUTINE



BONUS PDF FILE

By: Mike Romaine

 **SUPERHERO**  **JACKED** 

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 Beast

Workout Routine:

Training Volume:

5+ days per week

Explanation:

We're talking about Beast here! This routine is pretty brutal. BUT, it's effective and will leave you sore and wanting more. There are 5 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**.

Everyday Warm-up:

- cat cow: 20
- shoulder rolls: 20 (10 forward, 10 back)
- walking lunge: 20
- hip circle: 20 (10 forward, 10 back)
- lateral leg swing: 20 (each)
- forward leg swing: 20 (each)

Day 1: Sprint and Press

- 200 m sprintX4-super set 1
- incline sprints: 4X30 seconds-super set 1
- Squat: 5X5
- Military Press: 5X5
- Power Cleans: 5X5

- Jump rope: 3X1 min-circuit 1
- Burpee: 3X10-circuit 1
- Weighted shadow boxing: 3X1 min-circuit 1
- Crunches: 3X40-circuit 2
- Leg Raises: 3X10-circuit 2
- Bicycle Crunches: 3X40-circuit 2
- Plank: 3X1 min-circuit 2

Day 2: Mile and Deads

- 1 mile cardio of choosing
- Reverse woodchop: 4X10(switch sides)-super set 1
- Single leg Romanian deadlift: 4X10(switch sides) super set 1
- Split stance shoulder press: 4X10(switch sides)-super set 2
- Split stance cable row: 4X10(switch sides)-super set 2
- Pull ups: 3X10-circuit 1

-Toes to bar: 3X10-circuit 1

-Dips: 3X10-circuit 1

-Man Makers: 3X10-circuit 1

-Pistol Squats: 3X10(each)-circuit 1

Day 3: Deads and Rope

-200 m sprintX4-super set 1

-incline sprints: 4X30 seconds-super set 1

-Deadlifts: 5X5

-Push Press: 5X5

-Bent over rows: 5X5

-Jump rope: 3X1 min-circuit 1

-Burpee: 3X10-circuit 1

-Weighted shadow boxing: 3X1 min-circuit 1

-Crunches: 3X40-circuit 2

-Leg Raises: 3X10-circuit 2

-Bicycle Crunches: 3X40-circuit 2

-Plank: 3X1 min-circuit 2

Day 4: Mile and Deads

-1 mile cardio of choosing

-Reverse woodchop: 4X10(switch sides)-super set 1

-Single leg Romanian deadlift: 4X10(switch sides) super set 1

-Split stance shoulder press: 4X10(switch sides)-super set 2

-Split stance cable row: 4X10(switch sides)-super set 2

-Chin ups: 3X10-circuit 1

-Box jumps: 3X10-circuit1

-Push ups: 3X10-circuit 1

-Wall climbs: 3X10-circuit 1

-V ups: 3X10-circuit 1

Day 5: Sprint and More

-200 m sprintX4-super set 1

-incline sprints: 4X30 seconds-super set 1

-Bench Press: 5X5

-Front Squat: 5X5

-Speed Deadlift: 5X5

-Jump rope: 3X1 min-circuit 1

-Burpee: 3X10-circuit 1

-Weighted shadow boxing: 3X1 min-circuit 1

-Crunches: 3X40-circuit 2

-Leg Raises: 3X10-circuit 2

-Bicycle Crunches: 3X40-circuit 2

-Plank: 3X1 min-circuit 2

-THE BEAST AKA KING KONG

-Deadlift: 3X1@455

-Muscle Up: 3X2

-Squat Clean: 3X3@250

-Handstand push up: 3X4

Scale the deadlift to your 1 rep max and the squat clean to your 3 rep max. If you can't do the bodyweight movements keep working till you can. Being able to do this exact workout in good time is your goal.

The question is are you BEAST enough?

Bonus 1-2 Days: Activity 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.