

ERZA SCARLET

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.

Erza Scarlet

Workout Routine:

Training Volume:

6 days per week

Explanation:

3 days are going to be up to you to begin your training. The other three days I'm going to program you circuit styled days to jumpstart your strength and endurance.

Day One: Circuit and Endurance

Warm Up:

Stretch

1600m run

Workout:

3×5 Pull Ups

3×10 Dips

3×15 Air Squats

3×20 Push Ups

Circuit:

3 Rounds for Time:

5 Burpees

10 Jumping Lunges

15 Clean and Press

10 Mountain Climbers

5 Man Makers

Day Two: Hand to Hand Combat, Swords, and Archery

These days are activity days.

If you're not really going to train in mixed martial arts, swordsmanship or archery, you're going to want to at least get active.

That being go hiking, play sports, or do cardio that consists of about 60+ minutes of endurance styled training.

Day Three: Circuit and Endurance

Warm Up:

Stretch

1600m run

Workout:

3×5 Pull Ups

3×10 Dips

3×15 Air Squats

3×20 Push Ups

Circuit:

1 Round for Time:

60 Calorie Row

50 Sit Ups

40 Single Arm Dumbbell Snatches

30 Deadlifts

20 Pull Ups

10 Burpees

Day Four: Hand to Hand Combat, Swords, and Archery

These days are activity days.

If you're not really going to train in mixed martial arts, swordsmanship or archery, you're going to want to at least get active.

That being go hiking, play sports, or do cardio that consists of about 60+ minutes of endurance styled training.

Day Five: Circuit and Endurance

Warm Up:

Stretch

1600m run

Workout:

3×5 Pull Ups

3×10 Dips

3×15 Air Squats

3×20 Push Ups

Weightlifting:

Deadlifts

5×10

Squats

5×10

Circuit:

10 Minute EMOM (Every Minute On The Minute):

10 Power Cleans

50 Jump Ropes

Day Six: Hand to Hand Combat, Swords, and Archery

These days are activity days.

If you're not really going to train in mixed martial arts, swordsmanship or archery, you're going to want to at least get active.

That being go hiking, play sports, or do cardio that consists of about 60+ minutes of endurance styled training.