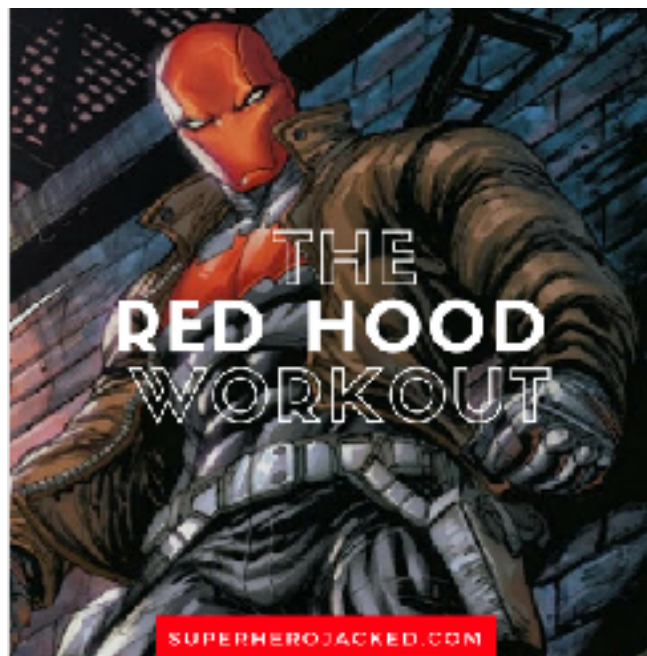


RED HOOD

WORKOUT ROUTINE



BONUS PDF FILE

By: Mike Romaine

 **SUPERHERO** ⚡ **JACKED** 

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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.

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Red Hood Workout Routine

Training Volume:

4-6 days per week

Explanation:

We're talking about Red Hood 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: Bench and Press

Warm Up:

-Stretch

-15 min HIIT training treadmill

3×10 Pull Ups

3×15 Dips

3×20 Push Ups

3×25 Air Squats

Workout:

-Bench Press: 15, 10, 5, 3, 1

-Incline Bench Press: 3×12

-Tricep Overhead Extension: 3×12

-Arnold Press: 3×12

Supersets:

- Toes to Bar: 3X15-super set 1
- L sit hold: 3X30 sec-super set 1
- Heavy Bag: 3X1 min-super set 2
- Jump rope: 3X1 min-super set 2
- Burpees: 3X10-super set 2
- Crunches: 3X100-super set 3
- Planks: 3X1 min-super set 3
- Side Planks: 3X1 min (each)-super set 3

Day 2: Deadlift and Pull

Warm Up:

- Stretch
- 15 min HIIT training treadmill
- 3×10 Pull Ups

3×15 Dips

3×20 Push Ups

3×25 Air Squats

Workout:

-Deadlift: 15, 10, 5, 3, 1

-Cable Rows: 3×12

-Lateral Pulldowns: 3×12

-Dumbbell Rows: 3×12

Supersets:

-Toes to Bar: 3X15-super set 1

-L sit hold: 3X30 sec-super set 1

-Shadow box: 3X1 min-super set 2

-Jump rope: 3X1 min-super set 2

-Man makers: 3X10-super set 2

-Flutter Kicks: 3X50-super set 3

-Planks: 3X1 min-super set 3

-Side Planks: 3X1 min (each)-super set 3

Day 3: Squats and Legs

Warm Up:

-Stretch

-15 min HIIT training treadmill

3×10 Pull Ups

3×15 Dips

3×20 Push Ups

3×25 Air Squats

Workout:

-Squat: 15, 10, 5, 3, 1

-Leg Press: 3×12

-Hamstring Curls: 3×12

-Quad Extensions: 3×12

Supersets:

-Toes to Bar: 3X15-super set 1

-L sit hold: 3X30 sec-super set 1

-Heavy Bag: 3X1 min-super set 2

-Jump rope: 3X1 min-super set 2

-Man makers: 3X10-super set 2

-Leg raises: 3X50-super set 3

-Planks: 3X1 min-super set 3

-Side Planks: 3X1 min (each)-super set 3

Day 4: Military Press and Shrugs

Warm Up:

-Stretch

-15 min HIIT training treadmill

3×10 Pull Ups

3×15 Dips

3×20 Push Ups

3×25 Air Squats

Workout:

-Military Press: 15, 10, 5, 3, 1

-Shoulder Flys: 3×12

-Barbell Shrugs: 3×15

-Hang Cleans: 3×12

Supersets:

-Toes to Bar: 3X15-super set 1

-L sit hold: 3X30 sec-super set 1

-Shadow box: 3X1 min-super set 2

-Jump rope: 3X1 min-super set 2

-Burpees: 3X10-super set 2

-Russian Twist: 3X100-super set 3

-Planks: 3X1 min-super set 3

-Side Planks: 3X1 min (each)-super set 3

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.

I would specifically also look at [Daredevil](#), [Moon Knight](#) and [Deathstroke](#) for more programming from Coach Derek.