

KING

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.

King

Workout Routine:

Training Volume:

5+ days per week

Explanation:

I'm going to program you a regular 3 day split and then I'm also going to give you a full-body training day that can be implemented as well. You should also be aware that you're going to need to fight and wrestle and practice a ton to become The King!

Day One (Regular Split): Pull

Warm Up:

Stretch

1 mile jog

3×5 Pull Ups

3×10 Dips

3×15 Air Squats

3×20 Push Ups

Workout:

Deadlift

4×12

Cable Rows

4×12

Face Pulls

4×12

Bicep Curls

4×12

Lateral Pulldowns

4×12

Hammer Curls

4×12

Day Two (Regular Split): Push

Warm Up:

Stretch

1 mile jog

3×5 Pull Ups

3×10 Dips

3×15 Air Squats

3×20 Push Ups

Workout:

Bench Press

4×12

Incline Dumbbell Press

4×12

Arnold Press

4×12

Skull Crushers

4×12

Machine Shoulder Press

4×12

Decline Cable Flys

4×12

Day Three (Regular Split): Legs

Warm Up:

Stretch

1 mile jog

3×5 Pull Ups

3×10 Dips

3×15 Air Squats

3×20 Push Ups

Workout:

Squat

4×12

Weighted Lunges

4×12

Hamstring Curls

4×12

Quad Extensions (Leg Extension)

4×12

Cable Pull Throughs

4×12

Leg Press

4×12

Add-on Day: Full Body

Warm Up:

Stretch

1 mile jog

3×5 Pull Ups

3×10 Dips

3×15 Air Squats

3×20 Push Ups

Workout:

Power Cleans

4×12

Preacher Curls

4×12

Front Squats

4×12

Close Grip Bench

4×12

Machine Bench Press

4×12

Dumbbell Rows

4×12

Bonus Training: Fighting/ Wrestling

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.