

THE FLASH

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 Flash Workout Routine

Training Volume:

5-6 days per week

Explanation:

This program can be taken and performed in more ways than one. We're going to be mixing in endurance training, and also training for increasing speed and explosiveness. Adding in mixed martial arts training on top of that is up to you.

Flash Workout Day One: Endurance Training One

Warm Up:

Stretch

Light Jog

Workout:

Run 2-3 miles

Optional:

Add in MMA training (options and links below)

Flash Workout Day Two: Explosiveness, Speed and Full Body

Warm Up:

Stretch

20 minutes of HIIT Sprints:

30 second 80-100% sprint

1 min cool down

Workout:

Back Squats

4×12

Superset One:

A. Box Jumps

3×10

B. Battle Ropes

3×30 seconds

C. Kettlebell Swings

3×10

Superset Two:

A. Incline Sprints

3×30 seconds

B. Power Cleans

3×10

C. Cable Pull-Throughs

3×10

Superset Three:

A. Incline Dumbbell Press

3×10

B. Burpees

3×10

C. Hammer Strength Rows

3×10

Flash Workout Day Three: Endurance Training Two

Warm Up:

Stretch

Light Jog

Workout:

Run 3.1 miles

Optional:

Add in MMA training (options and links below)

Flash Workout Day Four: Explosiveness, Speed and Full Body

Warm Up:

Stretch

20 minutes of HIIT Sprints:

30 second 80-100% sprint

1 min cool down

Workout:

Deadlifts

4×12

Superset One:

A. Weighted Step Ups

3×10 each leg

B. Double Unders

3×10

C. One Arm Snatches

3×10

Superset Two:

A. Incline Sprints

3×30 seconds

B. Clean and Press

3×10

C. Bulgarian Split Squats

3×10 each leg

Superset Three:

A. Bench Press (or machine press)

3×10

B. Burpees

3x10

C. Lateral Pulldowns or Wide Grip Pull Ups

3x10

Flash Workout Day Five: Endurance Training Three

Warm Up:

Stretch

Light Jog

Workout:

Run 4-5 miles

Optional:

Add in MMA training (options and links below)

Flash Workout Day Six+: MMA and Parkour Links

All heroes should know how to defend themselves.

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

Also check out programs on the site from Coach Derek here: [Moon Knight](#), [Deathstroke](#), [Daredevil](#).

For some Thai Boxing fun check out [Anna Diop's](#) routine.

The [Parkour Workout](#) (Nightrunner) designed by [Academy](#) member Felix.

And the Daredevil workout also has some beginner Parkour as well.