

TOM ELLIS

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.

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.

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Tom Ellis

Workout Routine

Training Volume:

4+ days per week

Explanation:

I'm going to program you four days per week of high intensity circuit training and lifting in the form of supersets. I will also give you a nice reminder to get active on your off days. Whether that be a brisk walk, mixed martial arts, yoga, or even some parkour... get out there and do it!

HIIT Training Options:

Treadmill: 1 min on at 5-9mph, 1 min off at 2-3.5mph

Bike: 1 min on at level 7-10 and RPMs over 100, 1 min off at level 3-5 steady RPMs 50-75

Superset Explanations:

Do one movement directly after another with no break. Then break between each "superset".

Ex: Complete one set of each, break, repeat.

Day One: Chest and Triceps

Warm Up:

Stretch

20 minutes of HIIT

Workout:

Superset One:

Dumbbell Bench Press

Dumbbell Front Chest Raise

3×10 each

Superset Two:

Tricep Cable Pushdowns

Tricep Cable Overhead Extension

Tricep Cable Kickbacks

3×10 each

Superset Three:

Incline Dumbbell Press

Incline Dumbbell Chest Flys

3×10 each

Superset Four:

Dumbbell Skull Crushers

Hex Press

Bench Dips

3×15 each

Day Two: Back and Biceps

Warm Up:

Stretch

20 minutes of HIIT

Workout:

Superset One:

Deadlift (DB or BB)

Bent Over Row (DB or BB)

3×10 each

Superset Two:

(Both Cable or DB)

Bicep Curls

Hammer Curls

3×10 each

Superset Three:

Lateral Pulldowns

Cable Rows

3×10 each

Superset Four:

Preacher Curls

Face Pulls

Chin Ups

3×10 each

Day Three: Shoulders

Warm Up:

Stretch

20 minutes of HIIT

Workout:

Superset One:

Arnold Press

Shoulder Front Raise

3×10 each

Superset Two:

Heavy Shrugs (BB or Machine)

Light Dumbbell Shrug Finisher

3×10 each

Superset Three:

Dumbbell Shoulder Flys

Single Arm Snatches

3×10 each

Superset Four:

Kettlebell Swings

Pull Ups

3×10 each

****Add a 15-30 second Battle Rope Finisher to Superset Four if possible****

Day Four: Legs

Warm Up:

Stretch

20 minutes of HIIT

Workout:

Superset One:

Squats (BB or DB Goblet)

Weighted Lunges

3×10 each

Superset Two:

Assisted Cable Machine Leg Pushdown

Weighted Step Ups

3×10 each

Superset Three:

Leg Press

Hamstring Curls

3×10 each

Superset Four:

Cable Pull-throughs

Leg Extension

Light Straight Leg Deadlift

3×10 each

Bonus Activity 1-2 Days a Week: MMA, Yoga, and Parkour

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.

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

Also check out the [Parkour Workout](#) (Nightrunner) designed by [Academy](#) member Felix!

