

WEAPON X WOLVERINE

WORKOUT ROUTINE



BONUS PDF FILE

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 **SUPERHERO**  **JACKED** 

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Weapon X Wolverine Workout Routine:

Training Volume:

5+ days

Explanation:

Coach Derek gives the explanations within the programming below.

Wolverine Workout Day One: Hunting or Hiking

Workout for Hiking:

Goblet Squats 3×15

10-16 inch step Step-Ups 3 x 30 seconds

Downhill Lunges 50 yards

Hanging Knee Raises 3x 10

Kettlebell Deadlift 3×10

Stairmaster or stairs 20 minutes

Workout for Hunting:

Core: for traversing the rough terrain with a heavy backpack. :

Plank walk out to 5 shoulder tags 2 minutes

Medicine ball around the world 30 seconds each direction

Legs and Lower back: for packing in gear to scaling the mountain

Barbell Squats 3 x10

Weighted sled. Struggle with the sled, and excel on the mountain push 30 seconds , pull 30 seconds

Trap Bar deadlift to strengthen your legs, back, and core 3 x10

Weighted pull ups for Whether you're hanging a new set , scaling the final boulder to get to a better vantage point for glassing an opposing mountain range, 3 x 8 or 10

Shoulder press : For Hoisting gear, Hanging tree stand sets. Drawing your bow. Anything at eye level or above uses these muscles. 3x10

TRX or Dumbbell Rows 3x10 This exercise is critical for shot execution and being able to stay at full draw

Wolverine Workout Day 2: Lumberjack and Outdoorsman

Workout One: Lumberjack Strength

wood chops with dumbbell or medicine ball

50 each side, 50 straight down

Squats

3 sets, 8-12 reps

Tricep Pushdown/Extensions

3 sets, 8-12 reps

Rowing Machine

5-7 minutes, 30 second intervals

Planks

5 sets, 30 seconds each

Farmers Carry

30 feet

Kettlebell Massive Swings

Two minutes, 24 reps

Box Jumps

Two minutes, as many reps as possible (AMRAP)

Kettlebell Clean And Squat

Two minutes, AMRAP

Pullups/Chinups

Two minutes, AMRAP

Workout Two: Outdoorsman option using logs and boulder

Bearcrawl 100 feet

Boulder toss 3 x15

Tree Branch pull ups 4 times to failure

Log Squats

3 sets of 10

Incline push ups 60 reps

walking Lunges with log

3 sets of 15 per leg

Log shoulder press

3 sets of 8

Tree Branch Leg raises

3 sets of 15

Wolverine Workout Day Three: Samurai Activity Day

Samurai spent their days practicing their weapon attacks , combat skills , such as jujitsu , meditation, calligraphy , visiting and bathing in Japan’s hot springs. Often times they would spend the evening getting drunk, as well as testing their endurance being scantily clad in sub zero weather.

While we don’t condone the last 2, use this day to be active.

Go hiking, spend time outdoors meditate, learn calligraphy, train MMA, do yard work, hit the sauna or steam room or if you really want to challenge yourself, take in an ice bath or freezing shower. Either way get creative and take some time to yourself

Wolverine Workout Day Four: Canadian Military Basic Training and World War Two Fitness Test Canadian Military Basic Training

- run five kilometers
- run 2.4 kilometers within an appropriate time (see chart below)
- complete push-ups with a full range of motion and sit-ups
- complete a hand-grip test
- tread water for at least two minutes and swim 20 meters without a life jacket

Age range	Acceptable range	
	Men	Women

Under 30 years	10:13 – 11:56	12:36 – 14:26
30 – 34	10:35 – 12:26	12:57 – 14:55
35 – 39	10:58 – 12:56	13:27 – 15:25
40 – 44	11:12 – 13:25	13:57 – 15:55
45 – 49	11:27 – 13:56	14:26 – 16:25
50 – 54	11:57 – 14:25	14:56 – 16:54
55 and over	12:27 – 14:56	15:27 – 17:24

By the time you complete basic training, you will be able to:

- complete a 13-kilometer march in full combat gear
- complete push-up and sit-up tests
- run up to six kilometers
- complete swimming tests
- scale walls and cross ditches

World War II Fitness Test

2 Minutes per exercise. One point given per proper form and range of motion of each exercise. Choose either indoor or outdoor

OUTDOOR TESTS	INDOOR TESTS
1. Pullups	1. Pullups
2. Squat Jumps	2. Squat Jumps
3. Pushups	3. Pushups
4. Situps	4. Situps
5. 300-yard Run	5A. Indoor Shuttle Run
	5A(1). 60-Second Squat Thrusts

Wolverine Workout Day Five: Danger Room Session

Choose either ab circuit (or test your mutant healing factor and try both)

Complete each circuit 3 times!

Snikt pack abs :

Hanging leg raises 15 reps

Hip ups 20 reps

Bicycle crunches 25 reps

Regular crunches 30 reps

Abdamantium:

Toes to bar 15 reps

Reverse bicycle crunches 25 reps

Mountain climbers 20 reps each leg

Crunches 30 reps

Jab , cross, jab , cross sprawl : 90 seconds

Perform 12-15 reps per exercise

Squat

Box jump

Push ups

Burpee

Circuit training

No rest in between exercises. Rest 45 seconds between circuit for 3 total circuits

Tuck jumps 20 reps

Bear crawl 20 feet

Pushup to Burpee 5 reps

Pull ups 8 reps

Wolverine Workout Day Six: Spy Workout

In the Intelligence Field, you never know where you are going to be and there's a good chance you won't be able to find weights or a gym.

One Round For Time:

- Push ups-31
- Hindu squats-57
- Tricep dips-11
- Sit ups-40
- Hip thrusts-35

- Pull ups-5
- Push ups-20
- Wall sit for 60 seconds
- Hip Hinges-25
- Curl ups- 6
- Leg lifts-21
- Pull ups-2
- Lunges-26
- Push ups-17
- Curl ups-3
- Flutter kicks-225
- Pike push ups-13
- Regular squats-27
- Plank for 60 seconds
- Push up-15
- Windshield wiper abs-24

Option B

High intensity workout routine: 30 seconds on and 10 seconds rest, do this 8 times.

- Burpees
- Jumping jacks
- Mountain climbers
- Star jumps
- High knees