

# HERCULES INSPIRED WORKOUT ROUTINE



Bonus PDF File  
By: **Mike Romaine**

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# HERCULES INSPIRED WORKOUT ROUTINE

Training Volume:

6+ days per week

Explanation:

*Hercules is a God. Did you see how much we have to accomplish with this training?*

You're lucky I'm giving you a day off. We're going to have 3 days devoted to strength, 3 days devoted to speed and endurance and then mixed martial arts, horseback riding, bow and arrow, and sword training to fit in on top as two a days for all those days. I am making sure to devote proper training strengthen you for bow and arrow and swordsmanship.

## Hercules Inspired Workout Day One: Leg Strength Training

Warm Up:

Stretch

800-1600m run warm up (we're talking about Hercules here...)

Workout:

Back Squat

5×12,10,8,5,3

**Leg Press**

**5×12,10,8,5,3**

**Hamstring Curls**

**5×12,10,8,5,3**

**Accessory Work:**

**Superset One: 3×10 each**

**Seated Calf Raise**

**Box Jumps**

**Jumping Lunges**

**Superset Two: 3×10 each**

**Goblet Squats**

**Kettlebell Swings**

**Cable Pullthroughs**

**Superset Three: 3×10 Each**

**Bulgarian Split Squats**

**Dumbbell Deadlifts**

**Glute Bridges**

# **Hercules Inspired Workout Day Two: Speed and Endurance Training**

**Warm Up:**

**Stretch**

**Circuit Workout:**

**For Time:**

- **1 mile Run**
- **100 Pull-Ups**
- **200 Push-Ups**
- **300 Air Squats**
- **1 mile Run**

**Hercules would do this with a weighted vest.**

# **Hercules Inspired Workout Day Three: Push Strength Training**

**Warm Up:**

**Stretch**

**800-1600m run warm up (we're talking about Hercules here...)**

**Workout:**

**Bench Press**

**5×12,10,8,5,3**

**Close Grip Bench**

**5×12,10,8,5,3**

**Military Press**

**5×12,10,8,5,3**

**Accessory Work:**

**Superset One: 3×10 each**

**Tricep Cable Pushdown**

**Tricep Cable Overhead Extension**

**Tricep Cable Kickback**

**Superset Two: 3×10 each**

**Incline Bench Press**

**Incline Hex Press**

**Incline Standing DB Flys**

**Superset Three: 3×10 Each**

**Arnold Press**

**Upright Rows**

**Standing DB Shoulder Front Raises**

# **Hercules Inspired Workout Day Four: Speed and Endurance Training**

**Warm Up:**

**Stretch**

**Circuit Workout:**

- **For Time**
- **50 Box Jumps (24/20 in)**
- **50 Jumping Pull-Ups**
- **50 Kettlebell Swings (1/.75 pood)**
- **50 Walking Lunges**
- **50 Knees-to-Elbows**
- **50 Push Press (45/35 lb)**
- **50 Back Extensions**
- **50 Wall Balls (20/14 lb)**
- **50 Burpees**
- **50 Double-Unders**

**Yes, Hercules would also do this with a weighted vest on.**

# **Hercules Inspired Workout Day Five: Pull Strength Training**

**Warm Up:**

**Stretch**

**800-1600m run warm up (we're talking about Hercules here...)**

**Workout:**

**Deadlift**

**5×12,10,8,5,3**

**Preacher Curls**

**5×12,10,8,5,3**

**T-Bar Rows**

**5×12,10,8,5,3**

**Accessory Work:**

**Superset One: 3×10 each**

**Wide Grip Lateral Pulldowns**

**Wide Grip Pull Ups**

**Wide Grip Cable Rows**

**Superset Two: 3×10 each**

**Close Grip Lateral Pulldowns**

**Chin Ups**

**Close Grip Cable Rows**

**Superset Three: 3×10 Each**

**Cable Bicep Curls**

**Cable Hammer Curls**



Clap Push Ups

## **Hercules Inspired Workout Day Six: Speed and Endurance Training**

Warm Up:

Stretch

Circuit Workout:

- For Time
- 21 Turkish Get-Ups, Right Arm
- 50 Kettlebell Swings
- 21 Overhead Squats, Left Arm
- 50 Kettlebell Swings
- 21 Overhead Squats, Right Arm
- 50 Kettlebell Swings
- 21 Turkish Get-Ups, Left Arm

Fine, he probably wouldn't wear a weighted vest for this one.

## **Hercules Two-A-Day Inspired Workout: Swordsmanship, Bow and Arrow, Horseback Riding, MMA**

Okay, this part is KIND OF going to be on you.

I added specific movements that'll get you nice and strong for swordsmanship and bow and arrow work – while also adding in circuits to get your endurance up for MMA and sword work as well.

That being said, I also picked circuits that take anywhere from 15-45 minutes so that you can add on extra training to those days if you'd like to really become a modern day Hercules.

I'll add in some workouts from [Coach Derek](#) that are mixed martial arts oriented, but the extra work is on you!

Check out MMA programs on the site from Coach Derek here: [Moon Knight](#), [Deathstroke](#), [Daredevil](#), and [Sagat](#).

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

For Parkour I worked with Felix on this one: [Nightrunner](#) workout.