

LEGOLAS

WORKOUT ROUTINE



Bonus PDF File
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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.

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LEGOLAS ULTIMATE WORKOUT ROUTINE

Training Volume:

6 days per week

Explanation:

I could program 7 days a week, but we're mere humans, so we will need at least one day off. I'm going to program you 2 days for strength and agility, 2 days for calisthenics and 2 days for stamina. You'll go through this cycle twice per week. It will also be your job to work on your archery and overall weaponry training if you want to really be anything like Legolas.

Legolas Workout: Strength and Agility Training

Day One: Upper Body Training

Upper body horizontal push

Choose one of the following exercises and perform 4 sets of 4-6 reps.

- Bench press
- Incline bench press
- Dumbbell flat bench press
- Dumbbell incline bench press

2. Upper body horizontal pull

Choose one of the following exercises and perform 4 sets of 6-8 reps.

- Barbell rows (underhand or overhand)

- 1-arm dumbbell row

3. Upper body vertical push

Choose one of the following exercises and perform 3-4 sets of 6-8 reps.

- Barbell shoulder press
- Dumbbell shoulder press
- Arnold press

4. Upper body vertical pull

Choose one of the following exercises and perform 3-4 sets of 6-8 reps.

- Weighted chin ups
- Weighted pull ups
- Lat pull downs

5. Triceps

Choose one of the following exercises and perform 2-3 sets of 8-10 reps

- Lying triceps extensions (dumbbell or barbell)
- Overhead extension (dumbbell, barbell, or cable)
- Triceps push down (all variations)

6. Biceps

Choose one of the following exercises and perform 2-3 sets of 8-10 reps.

- Barbell curls (straight or EZ-bar)
- Dumbbell curls
- Hammer curls

Day Two: Lower Body Training

1. Squat variation

Choose one of the following exercises and perform 4 sets of 4-6 reps.

- Back squat
- Front squat
- Goblet Squat
- Hack Squat
- Landmine Squat

2. Deadlift variation

Choose one of the following exercises and perform 4 sets of 4-6 reps

- Conventional deadlift
- Sumo deadlift
- Trap bar deadlift
- Rack pulls
- Deficit deadlift

3. Knee flexion dominant

Choose one of the following exercises and perform 3-4 sets of 8-10 reps.

- Lunges (all variations)
- Step-ups
- Bulgarian split squat
- Leg press

4. Hip extension dominant

Choose one of the following exercises and perform 3-4 sets of 8-10 reps

- Romanian deadlifts
- Straight leg deadlifts
- Hyperextensions

- Pull-troughs
- Hip thrust (all variations)
- Glute ham raises

5. Calves

Choose one of the following exercises and perform 2-3 sets of 8-10 reps

- Standing calf raises
- Seated calf raises

Legolas Workout: Calisthenics Training

I'm a huge fanboy of Aubrey Marcus and [Onnit.com](https://onnit.com).

And for this one we'll be utilizing calisthenics programming directly from his site for this one.

I'll be providing you the routine, which gives you multiple options to choose from, depending on your fitness level.

Workout #1: Beginner Calisthenics Circuit Workout

Do all the exercises in the order shown, resting 30 seconds between exercises and 3 minutes afterward. Repeat for 3 rounds.

1. 10 pullups

Do these with your palms facing away from you, hands just outside shoulder-width apart.

2. 10 chinups

Palms face toward you, hands shoulder-width apart.

3. 20 dips

Use parallel bars and lower your body until your upper arms are parallel to the floor.

4 . 25 jump squats

Squat down until your thighs are parallel to the floor and jump as high as you can.

5. 20 pushups

Lower your body until your chest is about an inch above the floor. Your body should form a straight line from your head to your heels. Actively pull your ribs and pelvis toward each other, engaging your core—don't let your lower back sag.

6. 50 crunches

Curl your torso up until your shoulder blades are off the floor.

7. 10 burpees

Stand with feet shoulder width and squat down to place your hands on the floor. Now shoot your legs behind you fast so you end up in the top position of a pushup. Jump your legs back up so they land between your hands and then stand up quickly.

8. 30 seconds jumping rope

Workout #2: Intermediate Calisthenics Circuit Workout

Rest 5 seconds between exercises and 8 minutes at the end of one round. Repeat for 2 rounds.

1. 5 muscle ups

Hang from a pullup bar with hands outside shoulder width and legs straight. Draw your shoulder blades back and together and arch your back to swing your body forward a bit. Then quickly try to bring your shoulders and hips together so that your body swings back and rises up until your hips touch the bar. Press your body straight up over the bar to lock out your elbows.

2. 50 pushups

3. 25 jump squats

4. 15 burpees

5. 15 pullups

6. 60 seconds leg flutters

Lie on your back on the floor and tuck your tailbone to flatten your lower back into the floor. Brace your core. Extend your legs overhead and then lower them as far as you can before you feel your lower back is about to buckle up from the floor. Begin raising and lowering both legs, alternately, a few inches (as if swimming). Keep your core braced so your lower back stays against the floor.

7. 10 pullups

8. 30-second sprint, nonstop

Run up a hill if you can, or run in place.

Workout #3: Advanced Calisthenics Circuit Routine

Perform each exercise for 30 seconds straight. Do NOT rest between exercises. Complete 1 round.

1. Hold a handstand for 30 seconds

You can do the handstand using a wall for support. Place your hands about six inches back from the wall and get into a downward dog pose. Step one foot toward the wall and then kick your back leg up while focusing your eyes on the floor in front of you. Press into your hands and straighten your body with your heels against the wall.

2. Jump squats

3. Wall push ups

Get into pushup position in front of a wall and walk your feet up the wall behind you. Press your feet into the wall to create tension throughout your body, and perform pushups.

4. Kick up push ups

Sit on the floor and roll backward, as if doing a reverse somersault. Stop when your feet face the ceiling and reverse the direction quickly, performing a kickup—kick your feet up and forward so you launch off the floor and land in a deep squat. From there, drop into a pushup.

5. Squat position move side to side

Get into a low squat and step side to side. Take two steps one direction and then switch directions.

6. X's and O's core workout

Lie on your back on the floor and extend your arms and legs to form an X-shape. Crunch and draw your knees to your chest, hugging them with your arms.

7. Dips

8. Jumping lunges

Get into a lunge position—rear knee just above the floor and front knee bent 90 degrees. Jump and switch legs in mid air, landing with the opposite leg forward.

9. Hops

Hop side to side, staying on the balls of your feet.

10. Pullups

Legolas Workout: Endurance Training

Legolas didn't have an elliptical, bike, rower, and treadmill to choose from, but he did have the open land and water to utilize.

For that reason your two endurance training days will either be rowing or running.

On either day it's your job to complete either:

One 5-10k run

OR

One 5-10k row

I give varying distances for you guys to scale and also choose based on your skill level for each type of cardio.