

# PROXIMA MIDNIGHT WORKOUT ROUTINE



Bonus PDF File  
By: Mike Romaine

## **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.

# PROXIMA MIDNIGHT WORKOUT ROUTINE

## Training Volume:

5 days a week

## Explanation:

I was originally going to program 7 days per week, but then I remembered we're mere humans and we have to rest in order to grow. If you want to have active off days devoted to moving (like hiking, sports, yoga, etc), you can – but I'd also consider devoting them to some more mixed martial arts training as well. Proxima Midnight is a master combatant after all.

## Spear Training:

Now I know a barbell isn't comparable and you'll need to train with a spear to get good at it, BUT, I don't want to program hammer or spear training and then have people who don't have access to this type of training miss out – so we're going to do more training focused around having two hands on the barbell for this one.

## Proxima Midnight Workout Day One: Strength Training and Circuit

### Warm Up:

Proxima Midnight may be ready to go right off the bat, but we'll warm up a bit.

Stretch and do some active warming up before your workout.

Consider doing a 5-10 min warm up walk as well.

### Workout:

Barbell Bench Press

4×12

Barbell Front Squats

4×12

Barbell Deadlift

4×12

Barbell Power Snatch

4×12

**Circuit Endurance:**

One Round for Time:

60 calorie run or row

50 Kettlebell Swings

40 Power Cleans

30 Burpees

20 One Arm Snatches (each arm)

10 Pistol Squats (each leg)

## **Proxima Midnight Workout Day Two: Endurance and Mixed Martial Arts**

**Warm Up:**

Proxima Midnight may be ready to go right off the bat, but we'll warm up a bit.

Stretch and do some active warming up before your workout.

Consider doing a 5-10 min warm up walk as well.

### **Workout:**

3-5 mile jog/run

100 Push Ups

100 Air Squats

50 Pull Ups

50 Dips

### **Mixed Martial Arts:**

Utilize a day from one of these options from [Coach Derek](#).

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.

## **Proxima Midnight Workout Day Three: Strength Training and Circuit**

### **Warm Up:**

Proxima Midnight may be ready to go right off the bat, but we'll warm up a bit.

Stretch and do some active warming up before your workout.

Consider doing a 5-10 min warm up walk as well.

**Workout:**

Barbell Bench Press

4×12

Barbell Front Squats

4×12

Barbell Deadlift

4×12

Barbell Power Clean

4×12

**Circuit Endurance:**

Three Rounds for Time

400m run

Farmers Carry 50 yds

10 Man Makers

Battle Ropes 30 seconds

10 Chin Ups

**Proxima Midnight Workout Day Four:  
Endurance and Mixed Martial Arts**

### **Warm Up:**

Proxima Midnight may be ready to go right off the bat, but we'll warm up a bit.

Stretch and do some active warming up before your workout.

Consider doing a 5-10 min warm up walk as well.

### **Workout:**

3-5 mile jog/run

100 Push Ups

100 Air Squats

50 Pull Ups

50 Dips

### **Mixed Martial Arts:**

Utilize a day from one of these options from [Coach Derek](#).

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.

## **Proxima Midnight Workout Day Five: Strength Training and Circuit**

### **Warm Up:**

Proxima Midnight may be ready to go right off the bat, but we'll warm up a bit.

Stretch and do some active warming up before your workout.

Consider doing a 5-10 min warm up walk as well.

**Workout:**

Barbell Bench Press

4×12

Barbell Front Squats

4×12

Barbell Deadlift

4×12

Barbell Overhead Press

4×12

**Circuit Endurance:**

3 Rounds for Time with 21-15-9 rep scheme (21 first round, 15 second, 9 third)

Barbell Thrusters

Pull Ups

Jump Squats