

# TASKMASTER 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.

# TASKMASTER WORKOUT ROUTINE

## Training Volume:

4-6 days per week

## Explanation:

We're throwing it back to [Captain America's workout](#) routine and including pieces from the original that [Coach Richie](#) programmed for us. This routine is pretty brutal. BUT, it's effective and will leave you sore and wanting more. There are 4 days of programmed training, and the other 1-2 days can be added as activity or mixed martial arts training. All heroes should know how to defend themselves.

## What you need to know:

A Superset means you're performing those movements back to back. If a movement is part of "Superset 1" it's part of the grouping of movements in that superset and you perform them back to back and then proceed to break and do another set [of those movements] after.

HIIT stands for High Intensity Interval Training. Do one minute ON (sprint 6-10mph) and one minute OFF (walk 2.5-3.3mph) for 25 minutes. That means you go back and forth every minute for the duration. On, off, on, off, etc.

When lifting your initial lifts/compounds (especially), you should be using [pyramid training](#).

## Day 1: Squats and Chops

### Warm Up:

15 min HIIT training treadmill

**Compound:**

Back Squat:

12, 10, 8, 5, 3

**Supersets:**

*Superset One:*

A. Kettle bell Snatches

3X10(each side)

B. Lunges

3Xfailure

*Superset Two:*

A. Turkish Get Up

3X10(each side)

B. Downward Chop

3X10(each side)

**Trisets:**

*Triset One:*

A. Box Jumps

3X20

B. Man Makers

3X10

C. Heavy Bag:

3X1 min

*Triset Two:*

A. Floor Wipers

3X20

B. Sit Ups

3X50

C. Flutter Kicks

3X50

## **Day 2: Bench and Walk**

**Warm Up:**

25 min incline walk

**Compound:**

Bench Press:

12, 10, 8, 5, 3

**Supersets:**

*Superset One:*

A. Kettle Bell Clean

3X10(each side)

B. Push Ups

3Xfailure

*Superset Two:*

A. Turkish Get Up

3X10(each side)

B. Upward Chop

3X10(each side)

**Trisets:**

*Triset One:*

A. Jump Rope

3X1 min

B. Burpees

3X10

C. Heavy Bag

3X1 min

*Triset Two:*

A. Floor Wipers

3X20

B. Sit Ups

3X50

C. Flutter Kicks

3X50

## **Day 3: Deadlifts and Chops**

**Warm Up:**

15 min HIIT training treadmill

**Compound:**

Deadlifts:

12, 10, 8, 5, 3

**Supersets:**

*Superset One:*

A. Kettle Bell Clean and Press:

3X10 (each side)

B. Pull Ups

3Xfailure

*Superset Two:*

A. Turkish Get Up

3X10(each side)

B. Downward Chop

3X10(each side)

**Trisets:**

*Triset One:*

A. Box Jumps:

3X20

B. Man Makers:

3X10

C. Heavy Bag

3X1 min

*Triset Two:*

A. Floor Wipers

3X20

B. Sit Ups



3X50

C. Flutter Kicks

3X50

## Day 4: Press and Walk

### Warm Up:

-25 min incline walk

### Compound:

-Military Press: 12, 10, 8, 5, 3, 1

### Supersets:

#### *Superset One:*

A. Kettle Bell Clean

3X10(each side)

B. Ball Slams

3Xfailure

#### *Superset Two:*

A. Turkish Get Up

3X10(each side)

B. Upward Chop

3X10(each side)

**Trisets:**

*Triset One:*

A. Jump Rope

3X1 min

B. Burpees

3X10

C. Heavy Bag

3X1 min

*Triset Two:*

A. Floor Wipers

3X20

B. Sit Ups

3X50

C. Flutter Kicks

3X50

**Bonus 1-2 Days: Activity and MMA**

If you want to step your game up and start training with mixed martial arts, these are some of the programs Coach Derek has created for us outside of [The Academy](#) to do so.

Check out 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.

The [Parkour Workout](#) (Nightrunner) designed by [Academy](#) member Felix.