

VISION WORKOUT ROUTINE



Bonus PDF File
By: Mike Romaine

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VISION WORKOUT ROUTINE

Training Volume:

6 days per week

Explanation:

You can't train for SuperHuman Strength, Durability, Speed, Reflexes, and Agility without going pretty high volume. You've seen that list of powers above; Vision is one strong cookie. I SHOULD give you seven days a week, but I'm going to be realistic and give you a day to recover so that we don't get too extreme.

Vision Workout: Weekly Schedule

Monday: Light Endurance Work and Push Day

Tuesday: Intensity Training and Calisthenics

Wednesday: Light Endurance Work and Push Day

Thursday: Intensity Training and Calisthenics

Friday: Light Endurance Work and Push Day

Saturday: Long Distance Endurance Training

Sunday: Off Day – Rest

Vision Workout: Push Day

Light Endurance Work:

Jog 1-3 miles

****It's okay to walk/run on and off.****

Workout:

Bench Press

4×15

Reverse Grip Cable Pushdowns

4×15

Weighted Dips

4×15

Triset:

A. Incline DB Bench

3×10

B. Incline DB Hex Press

3×10

C. Incline DB Chest Fly

3×10

Triset:

A. Tricep Cable Pushdowns w/ Rope

3×10

B. Tricep Overhead Extension w/ Rope

3×10

C. Tricep Cable Kickbacks

3×10

Vision Workout: Intensity Training And Calisthenics

Warm Up:

3×5 Chin Ups

3×10 Dips

3×15 Air Squats

3×20 Push Ups

Core Lift:

Light Clean and Press

5×5

Intensity:

21-15-9

Three total rounds: first round 21 reps each movement, second round 15 reps each, third round 9 reps each.

Deadlift

Handstand Push Ups (Or Regular or Decline)

Vision Workout: Pull Day

Light Endurance Work:

Jog 1-3 miles

It's okay to walk/run on and off.

Workout:

Deadlift

4×15

Preacher Curls

4×15

Weighted Chin Ups

4×15

Triset:

A. Lateral Pulldowns

3×10

B. Straight Arm Pulldown

3×10

C. Face Pulls

3×10

Triset:

A. EZ Bar Bicep Curl

3×10

B. DB Hammer Curl

3×10

C. Push Up Blowout

3×Failure

Vision Workout: Intensity Training And Calisthenics

Warm Up:

3×5 Chin Ups

3×10 Dips

3×15 Air Squats

3×20 Push Ups

Core Lift:

Power Snatches

5×5

Intensity:

21-15-9

Three total rounds: first round 21 reps each movement, second round 15 reps each, third round 9 reps each.

Clean (Hang/Power/Squat)

Ring Rings (or Regular or Chair)

Vision Workout: Leg Day

Light Endurance Work:

Jog 1-3 miles

It's okay to walk/run on and off.

Workout:

Back Squat

4×15

Hamstring Curls

4×15

Quad Extension

4×15

Triset:

A. Leg Press

3×10

B. Calf Raise on Leg Press

3×10

C. Standing Calf Raise w/ Dumbbells

3×10

Triset:

A. Weighted Lunges

3×10

B. DB Straight Leg Deadlift

3×10

C. Cable Pull Throughs

3×10

Vision Workout: Intensity Training And Calisthenics

Warm Up:

3×5 Chin Ups

3×10 Dips

3×15 Air Squats

3×20 Push Ups

Core Lift:

Power Cleans

5×5

Intensity:

21-15-9

Three total rounds: first round 21 reps each movement, second round 15 reps each, third round 9 reps each.

Thrusters

Pull Ups