

ROMAN REIGNS WORKOUT ROUTINE



Bonus PDF File
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ROMAN REIGNS WORKOUT ROUTINE

Training Volume:

5-6 days per week

Explanation:

We're going to be taking Roman's advice and switching up the workout a lot, but also doing what we KNOW HE DOES! He trains in the gym nearly everyday and also adds in a good amount of cardio as well. From there he'll switch it up and hit a CrossFit gym with Seth Rollins, or maybe get in some extra activity, but that will go on top of the normal 5 training days we'll have per week already scheduled.

(Remember, he also spends time in the ring and getting in tons of other outside training, and even mentions two-a-days; so high volume is definitely what we'll be seeing here.)

Want To Upgrade This Workout?

[The Superhero Academy](#) now comes with an [Upgrade Your Workout Tool](#) that allows Academy members to turn any SHJ workout into a 4-8 week fully planned regime detailing exact weights to lift and including reverse & tradition pyramid training, straight sets, super sets, progressive overload and more.

Roman Reigns Workout: Sample Workout Routine Schedule

Monday: Cardio, Bench Press and Chest

Tuesday: Cardio, Deadlifts and Back

Wednesday: Cardio, Biceps and Triceps

Thursday: Cardio, Overhead Press and Shoulders

Friday: Cardio, Squats and Legs

Saturday: WOD or Extra Activity

Sunday: Off Day (Or WOD/Extra Activity)

Roman Reigns Workout: Cardio, Bench Press and Chest

Warm Up:

30-60 minutes of varied cardio

Reigns specifically mentions: Elliptical, Treadmill and Jumping Rope

Workout:

Bench Press

5×12,10,8,5,3

Incline Bench Press

3×12,10,8

Incline Dumbbell Chest Flyes

3×12,10,8

Cable Flyes

3×12,10,8

Dumbbell Pullovers

3×12,10,8

Weighted Dips

3×10

Roman Reigns Workout: Cardio, Deadlift and Back

Warm Up:

30-60 minutes of varied cardio

Reigns specifically mentions: Elliptical, Treadmill and Jumping Rope

Workout:

Deadlifts

5×12,10,8,5,3

Wide Grip Cable Lat Pulldowns

3×12,10,8

Barbell Bent Over Rows

3×12,10,8

Bent Over DB Lat Raises

3×12,10,8

Hammer Strength Single Arm Rows

3×12,10,8

Cable Rows (Close Grip)

3×10

Roman Reigns Workout: Cardio, Biceps and Triceps

Warm Up:

30-60 minutes of varied cardio

Reigns specifically mentions: Elliptical, Treadmill and Jumping Rope

Workout:

Preacher Curls

3×12,10,8

Reverse Grip Cable Pushdowns

3×12,10,8

Seated Single DB Overhead Extension

3×12,10,8

Alternating Hammer Curls w/ DBs

3×12,10,8

Concentration Curls

3×12,10,8

Close Grip Bench

3×12,10,8

Roman Reigns Workout: Cardio, Overhead Press and Shoulders

Warm Up:

30-60 minutes of varied cardio

Reigns specifically mentions: Elliptical, Treadmill and Jumping Rope

Workout:

Overhead Press

5×12,10,8,5,3

Hex Bar Shrugs

3×12,10,8

Dumbbell Shrugs

3×12,10,8

DB Alternating Front Raises w/ Hand Twist

3×12,10,8

Upright Rows w/ DBs

3×12,10,8

Shoulder Flyes

3×10

Roman Reigns Workout: Cardio, Back Squat and Legs

Warm Up:

30-60 minutes of varied cardio

Reigns specifically mentions: Elliptical, Treadmill and Jumping Rope

Workout:

Back Squat

5×12,10,8,5,3

Barbell Lunges

3×12,10,8

Straight Leg Deadlifts

3×12,10,8

Leg Press

3×12,10,8

Seated Calf Raises

3×12,10,8

Bulgarian Split Squats

3×12,10,8

Roman Reigns Workout: CrossFit WODs or Extra Activity

Being that we're talking about Roman Reigns, AKA another WWE star, we'll be utilizing WODs we saw from Sasha Banks workouts, but we have also featured other WODs on celeb workouts like Kevin Harts and more.

Also feel free to add in extra activity such as hiking, baseball/softball, canoeing, or other outdoor awesome activities.

Or, you know, hop in a ring and start wrestling!

Here are some WODs to add into your Roman Reigns weekly workout:

WOD From Hell:

15 barbell cleans (155 pounds/100 pounds)

30 toes-to-bars

30 box jumps (24"/20")

15 muscle-ups (females: 10 muscle-ups)

30 push presses (40-pound dumbbells/25-pound dumbbells)

30 double-unders

15 thrusters (135 pounds/95 pounds)

30 pull-ups

30 burpees

300 feet overhead walking lunges (45-pound plate/25-pound plate)

WOD From Hell 2:

Three Rounds of:

7 deadlifts (345 pounds)

7 ring muscle-ups

Three Rounds of:

21 toes-to-bars

21 wall balls

100-foot farmer's carry (100-pound dumbbells)

28 burpee box jumps

100-foot farmer's carry

3 muscle-ups

WOD From Hell 3:

Pendleton 2 Event at 2012 CrossFit Games:

Swim: 700 meters

Bike: 8 kilometers

Run: 11 kilometers

WOD From Hell 4:

20 hang squat snatches

50 double-unders

30 kettlebell thrusters

50 double-unders

40 toes-to-bars

Burpee broad jumps (across convention center floor,

roughly 20 yards)

40 barbell step-ups

50 double-unders

30 alternating single-arm kettlebell snatches

50 double-unders

20 bar muscle-ups

WOD From Hell 5:

“Miagi”

For Time:

50 deadlifts (135/95 pounds)

50 double-kettlebell swings (55/35 pounds)

50 push-ups

50 clean-and-jerks (135/95 pounds)

50 pull-ups

50 kettlebell “taters”

50 box jumps (24”)

50 wall climbs

50 knees-to-elbows

50 double-unders

WOD From Hell 6:

Finals of the 2010 CrossFit Games:

Three Rounds of:

30 push-ups

21 overhead squats (65/95 pounds)

Wall rope climb between each element

(seven-minute cap)

Three Rounds of:

30 toes-to-bars

21 ground-to-overhead (95/65 pounds)

(seven-minute cap)

Three Rounds of:

5 burpee wall jumps

20-foot rope climbs (3 men/2 women)

(12-minute cap)

WOD From Hell 7:

“Sage”

AMRAP in 20 Minutes:

20 thrusters (135/95 pounds)

20 pull-ups

20 burpees

WOD From Hell 8:

10 overhead squats

10 box jumps

10 fat-bar thrusters

10 power cleans

10 toes-to-bars

10 burpee muscle-ups

Repeat in reverse, beginning with toes-to-bars