

SETH ROLLINS WORKOUT ROUTINE



Bonus PDF File
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SETH ROLLINS WORKOUT ROUTINE

Training Volume:

5+ days per week

Explanation:

You have some options here. I'm going to give you THIRTY different beginner WODs to choose from, and then a handful of more advanced WODs that we've been utilizing for the other WWE Stars workouts as well. Between those, and the addition of The Murph Challenge, you'll build out your plan and work your way up. I'll give you a sample program/schedule to start you out as well.

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.

Seth Rollins Workout: Sample Workout Routine Schedule

Monday: Bench Press and Beginner WOD

Tuesday: Advanced WOD

Wednesday: Deadlift and Beginner WOD

Thursday: Off Day

Friday: Clean and Press and Beginner WOD

Saturday: Advanced WOD

Sunday: Back Squat and Beginner WOD

Monday: Off Day

Seth Rollins Workout: Murph Challenge

Add this challenge in once per month.

Complete w/ a 20 lb. Weighted Vest

1 Mile Run

100 Pull Ups

200 Push Ups

300 Air Squats

1 Mile Run

Seth Rollins Workout: Beginner WODS

Beginner WODs are coming courtesy of WODify

1. 10 TO 1 COUNTDOWN WOD

Do 10 each of kettlebell swings at a moderate weight, followed by 10 dumbbell thrusters (hold a light dumbbell in front of your chest with both

hands; squat with dumbbell in place, then stand straight while raising the dumbbell overhead.) Then do 9 of each, then 8, and so on, down to 1 of each.

2. SIMPLE BURPEE WORKOUT

Do as many burpees as you can in eight minutes.

3. BODY WEIGHT WOD

Perform 3 rounds of 10 of the following with as much intensity as you can:

- air squats
- Sit-ups
- Push-ups
- ring rows
- burpees

4. SQUATS, PULL-UPS, PRESSES AND A RUN

Do 3 rounds of the following as rapidly as possible: 12 front squats with a barbell, 10 pull-ups and 8 push presses. Finish up with a quarter-mile run.

5. THE RUNNING SANDWICH

Do a quarter-mile run followed by 40 air squats, 30 sit-ups, 20 burpees and 10 pull-ups. Finish with another quarter-mile run.

6. JUMPS AND LUNGES

Do 5 fast rounds of the following: 15 lunges each leg with a moderate-weight barbell, 60 jumps with a jump rope.

7. PUSH, PULL, RUN

Do 5 rounds of the following: 10 push-ups and 10 pull-ups. Finish with a half-mile run.

8. BURPEE BOX JUMPS

Set your timer for 8 minutes, then do as many rounds as you can of: 8 burpee box jumps (perform a standard burpee, then jump up on a box; jump down) and 16 kettlebell swings.

9. 21,15 AND 9

Do 21 each of deadlifts and burpees, followed by 15 of each, then 9 of each.

10. SQUAT ROUTINE

Start to squat with a barbell, but hold the down position for two minutes (or as long as you can). Next, do 3 rounds of 10 burpees, 15 sit-ups and 20 air squats.

11. TABATA PUSH-UPS AND LUNGES

“Tabata” means to perform a move for 20 seconds, rest for 10 seconds, and repeat.) Set a clock for 8 minutes and do Tabata alternating push-ups and lunges.

12. 10 FOR 10

Set a timer for 10 minutes and do as many rounds as possible of the following: 10 kettlebell swings, 10 box jumps (jump up onto a 12 to 20 inch tall box or step), 10 ring dips.

13. DUMBBELLS AND JUMP ROPES

Do each for 3 minutes straight, resting 1 minute between: jumping rope, weighted sit-ups, weighted lunges and dumbbell thrusters.

14. ROPE, SUMOS AND WALL BALLS

Do 75 to 100 turns of the jump rope, then countdown with sets of 10, 9, 8, etc. down to 1 of the following:

- Wall balls – do squats with a medicine ball about arm’s length from a wall. Bounce the ball off the wall at around 10 feet above you after the squat, then catch the ball

- Sumo deadlift high pulls – With feet wider than shoulder-width, squat, push hips back, and grab a fairly heavy barbell using a narrow grip; stand and pull bar up to collarbone, elbows above bar. Return bar to ground

Finish up with 75 to 100 more jump rope turns.

15. PUSH UPS AND BURPEES IN 5S

Do 5 sets of the following: 5 push-ups, followed by 5 burpees, then run in place for one minute.

16. UP THE LADDER

For time:

10 squats

20 sit ups

20 squats

20 push ups

30 squats

20 sit ups

40 squats

20 push ups

50 squats

17. DEFYING GRAVITY

15 minute EMOM (Complete all reps, every minute on the minute, for 15 minutes.)

5 burpees

10 jumping lunges

5 squats

18. FEEL THE BURN

18 min AMRAP (Complete as many reps as possible in 18 minutes)

9 Russian twists

9 Lunges on plate (L+R=1)

9 squats with plate

9 sit ups with plate

9 mountain climbers (L+R=1)

9 pull ups

19. BLACK AND BLUE

30 min AMRAP

5 burpees

10 25-pound dumbbell shoulder presses (each arm)

15 box jumps

20 DB 25# front squats

25 sit ups

300 meter run

20. ALL BOXED IN

5 rounds:

10 35-pound kettlebell goblet squats

10 box jumps

20 35-pound Russian kettlebell swings

20 box jumps

21. THE BURPEE ROW

500 meter row

10 burpees

400 meter row

15 burpees

300 meter row

20 burpees

200 meter row

25 burpees

22. TAKE YOUR MEDICINE

3 rounds:

20 14-pound medicine ball cleans

200 meter row

20 14-pound wall balls

200 meter row

23. ROAD TRIP

4 rounds:

15 cal bike

15 anchored leg raises

24. BAR CRAWL

3 rounds

5 Burpees

10 70-pound kettlebell deadlift

15 Toes-to-Bar

25. HEART OF GOLD

21-15-9

Pull ups

Squats

Sit ups

26. FAST AND LOOSE

10 EMOM

3 85-pound barbell deadlifts

3 85-pound power cleans

3 85-pound front squats

3 box jumps to a 20" box

27. WICKED GAME

10 min AMRAP

10 burpees

10 25-pound dumbbell squats

10 25-pound dumbbell push presses

28. RING THE BELL

4 rounds:

6 box step-ups with a kettlebell

10 push ups

14 Russian kettlebell swings

18 goblet squats

29. QUAD GOALS

2 min- bike

2 min – squats

2 min – bike

2 min- push ups

2 min- bike

2 min- sit ups

30. PUSH, SIT, & RUN

400 meter run

10 push ups

400 meter run

10 sit ups

400 meter run

10 push ups

400 meter run

10 sit ups

Seth Rollins Workout: Advanced WODS “From Hell”

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