

BLADE

WORKOUT ROUTINE



Bonus PDF File
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BLADE WORKOUT ROUTINE

Training Volume:

5+ days per week

Explanation:

You're going to be lifting 5 days per week with 4 days devoted to compounds and lifting heavy with some cardio on top and then 1 day devoted to high intensity training and some other versatile full body movements. On top of that I suggest throwing in some extra endurance training, parkour training, and possibly even some mixed martial arts training, all on your off days. I will give you resources for all of these below!

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.

Blade Workout: Sample Workout Schedule

Monday: Bench Press and Cardio

Tuesday: Back Squats and Cardio

Wednesday: High Intensity Training

Thursday: Deadlifts and Cardio

Friday: Overhead Press and Cardio

Saturday: Parkour, Mixed Martial Arts, Endurance or Rest

Sunday: Parkour, Mixed Martial Arts, Endurance or Rest

Blade Workout: Bench Press and Cardio

Warm Up:

10 Minute Incline Walk

Compound:

Bench Press

5×10,8,5,5,5

Workout:

Incline Bench Press

4×12

Overhead Tricep Extension

4×12

Cable Crossovers

4×12

Cable Pushdowns

4x12

Circuit:

3 Rounds / Rest 1 Minute Between Rounds

5 Push Ups

10 Incline Dumbbell Chest Flyes

10 Incline Dumbbell Hex Press

5 Triangle Push Ups

Cardio:

Complete 30 Minutes of Varied Cardio:

Feel free to do 30 minutes of one option and switch it up on other days OR do 10-15 minutes of multiple options listed on one given day.

- High Incline Walk
- Treadmill Sprints
- Bike Interval Training
- StairMaster
- High Intensity Elliptical
- Rower

Blade Workout: Back Squats and Cardio

Warm Up:

10 Minute Incline Walk

Compound:

Back Squat

5×10,8,5,5,5

Workout:

Leg Press

4×12

Hamstring Curls

4×12

Hack Squats

4×12

Calf Raises (Seated or Standing)

4×12

Circuit:

3 Rounds / Rest 1 Minute Between Rounds

10 Cable Pullthroughs

10 Straight Leg DL w/ DB

10 Lunges (5 Each Leg) w/ DB

10 Jump Squats

Cardio:

Complete 30 Minutes of Varied Cardio:

Feel free to do 30 minutes of one option and switch it up on other days OR do 10-15 minutes of multiple options listed on one given day.

- High Incline Walk
- Treadmill Sprints
- Bike Interval Training
- StairMaster
- High Intensity Elliptical
- Rower

Blade Workout: High Intensity Training

Warm Up:

10 Minute Incline Walk

Workout:

Barbell or DB Clean and Press

5×10

Circuit:

Complete 5 Rounds for Time

30 Second Battle Ropes

10 Push Ups

50 Meter Tire Flip

10 Air Squats

50 Meter Farmer's Carry

10 Dips

50 Meter Sled Push

10 Pull Ups

50 Meter Sled Pull

10 Jumping Lunges

30 Second Battle Ropes

Rest 2 Minutes

Blade Workout: Deadlifts and Cardio

Warm Up:

10 Minute Incline Walk

Compound:

Deadlift

5×10,8,5,5,5

Workout:

Wide Grip Lateral Pulldowns

4×12

T-Bar Rows

4×12

Barbell Shrugs

4×12

Bent Over Dumbbell Rows

4×12

Circuit:

3 Rounds / Rest 1 Minute Between Rounds

10 Wide Push Ups

5 Chin Ups

10 Cable Rows

5 Chin Ups

10 Wide Push Ups

Cardio:

Complete 30 Minutes of Varied Cardio:

Feel free to do 30 minutes of one option and switch it up on other days OR do 10-15 minutes of multiple options listed on one given day.

- High Incline Walk
- Treadmill Sprints
- Bike Interval Training
- StairMaster
- High Intensity Elliptical
- Rower

Blade Workout: Overhead Press and Cardio

Warm Up:

10 Minute Incline Walk

Compound:

Overhead Press

5×10,8,5,5,5

Workout:

Front Raises w/ Plate

4×12

Upright Rows w/ DBs

4×12

Dumbbell Shrugs

4×12

Face Pulls

4×12

Circuit:

3 Rounds / Rest 1 Minute Between Rounds

25 Kettlebell Swings

20 One Arm Snatches w/ KB or DB (10 each arm)

15 Push Ups

10 Reverse Superman Holds

5 Inch Worms

Cardio:

Complete 30 Minutes of Varied Cardio:

Feel free to do 30 minutes of one option and switch it up on other days OR do 10-15 minutes of multiple options listed on one given day.

- High Incline Walk
- Treadmill Sprints
- Bike Interval Training
- StairMaster

- High Intensity Elliptical
- Rower

Blade Workout: Endurance Training and Parkour

To build up your endurance I suggest:

- **Beginner:** 1 Mile Run/Walk
- **Intermediate:** 2-3 Mile Jog
- **Advanced:** 3-5 Mile Run

[Kid Flash](#) and [Constance Wu's](#) articles both have a Couch to 10K Training Protocol if you'd like to start there!

As for Parkour, which will be significantly easier with some endurance training, you can utilize our SHJ Parkour Guide which comes in the form of [The Nightrunner Workout](#) that I worked on to create with [Academy](#) member Felix!

Blade Workout: Mixed Martial Arts Training

Here are some resources if you'd like to add in some mixed martial arts training (*but keep in mind there's no better way to train MMA than to get into a local gym and have a partner/coach*):

- [Deathstroke](#)
- [Daredevil](#)
- [Moon Knight](#)
- [Sagat](#)
- [Anna Diop](#)
- [Frank Grillo](#)
- [Ryan Potter](#)