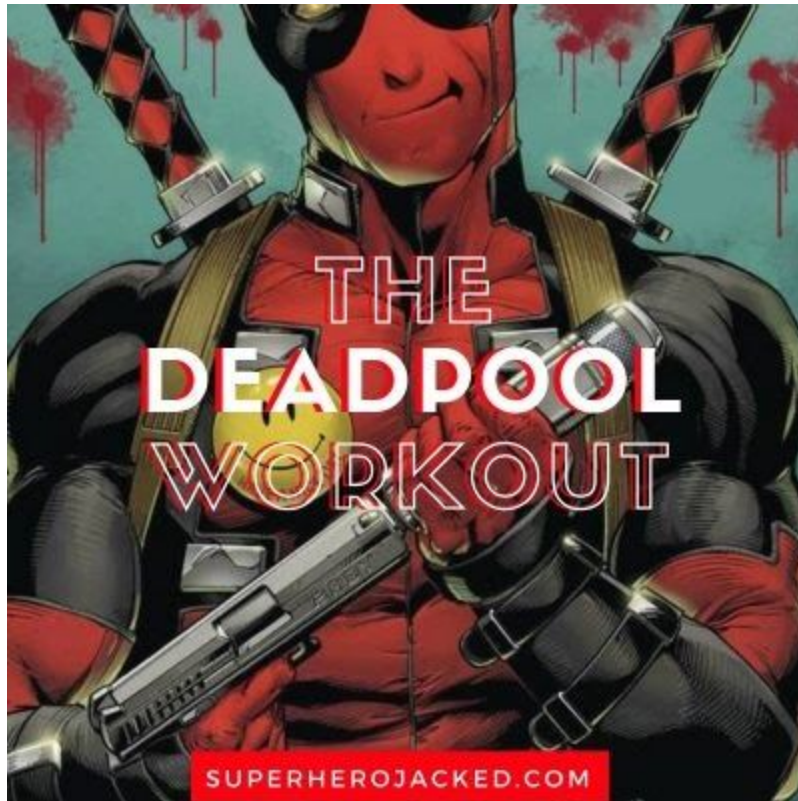


THE DEADPOOL WORKOUT ROUTINE



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.

THE DEADPOOL WORKOUT ROUTINE

Training Volume:

6+ days per week

Explanation:

You're going to need to get 8-10 hours of sleep or something to keep up with this one, because Deadpool recovers FAST (duh) and doesn't stop moving unless it's to take a quick nap and throw on some Crocs.

For those of you who are here to also lift some weights, I'm building this around a Push/Pull/Legs structure so that we have it around a 3 day split opposed to a longer 4-5+ in order to incorporate our Special Forces Styled Training as well.

Below I will share a beginner Special Forces Program requirements that we will build inside of our Push/Pull/Legs split to make it that much more intense.

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.

The Deadpool Workout: Sample Schedule

Monday: Push Day + Circuit+ Swim

Tuesday: Run + Calisthenics + Core

Wednesday: Pull + Circuit + Swim w/ Cammies and Boots

Thursday: Run + Calisthenics + Core

Friday: Legs + Circuit + Swim w/ Fins

Saturday: Run + Calisthenics + Core

Sunday: Run, Swim, Walk w/ 30-50 lbs or Rest

Also add in a 5-15 mile walk with 30-50 lb load 1-2 times a week on top of your PPL Split.

The Deadpool Workout: Special Forces Training

This is straight from Military.com

This will be built into your training, but I'm also sharing it so that you know why I'm forcing you guys into such brutality on top of your lifting!

If Army Special Forces is your goal, here's a good starter workout that may help you reach it.

Swimming: NEVER Swim Alone

- Two to three times a week, 1,000 to 2,000 meters each time.
- One day a week, try to swim wearing cammies and boots for 100 meters.
- Wear fins when swimming half the time as well.

Running:

- Four to five times a week, 3 to 5 miles as fast as you can.
- Twice a week, do rucksack marches carrying a 30 to 50-pound load marching 5 to 15 miles at a fast walking pace.

PT: Every Other Day

- Pull-ups, 75 to 100 repetitions (seven to 10 sets of 10 reps).
- Push-ups, 200 to 300 repetitions (10 to 15 sets of 20 reps).
- Sit-ups, 200 to 300 repetitions (five to 10 sets of 40 to 50 reps).

The Deadpool Workout: Push Day + Circuit + Swim

You can swim before or after your workout.

Swim:

Swim 1,000 to 2,000 meters.

Main Lifts:

Bench Press

5×12,10,8,5,5

Overhead Press

5×12,10,8,5,5

Close Grip Bench

5×12,10,8,5,5

Accessory Work:

Incline Bench Press

3×10

Close Grip Cable Pushdowns

3×10

Circuit:

Complete 3 Rounds for Time:

30 Second Battle Ropes

25 Kettlebell Swings

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

15 Push Ups

10 Dips

5 Second Dance Off

The Deadpool Workout: Run + Calisthenics + Core

You can run before or after your calisthenics/core workout.

Run:

Run 3 to 5 miles as fast as you can.

Calisthenics (and a sprinkle of core):

Push Ups

300 Reps Total

Air Squats

250 Reps Total

Sit Ups

250 Reps Total

Dips

200 Reps Total

Lunges

150 Reps Total (75 each leg)

Pull Ups

100 Reps Total

Core Finisher:

Forearm Plank

3×60 seconds (weighted if possible)

Plank to Push Ups

3×25

Hanging or Lying Leg Raises (switch it up)

3×25

Cable Crunches

3×25

Russian Twists

3×25

The Deadpool Workout: Pull Day + Circuit + Swim

You can swim before or after your workout.

Swim:

Swim 1,000 to 2,000 meters.

If you're following the sample schedule you're required to complete this swim with cammies and boots for 100 of the 1,000 to 2,000 meters.

Main Lifts:

Deadlift

5×12,10,8,5,5

Standing Barbell Curls

5×12,10,8,5,5

Shrugs

5×12,10,8,5,5

Accessory Work:

Wide Grip Lateral Pulldowns

3×10

Close Grip Cable Rows

3×10

Circuit:

Complete 3 Rounds for Time:

30 Bent Over Rows w/ Barbell or EZ Bar

25 Face Pulls

20 Push Ups

15 Cable Bicep Curls

10 Chin Ups

5 Second Pajama Boogie Shake

The Deadpool Workout: Run + Calisthenics + Core

You can run before or after your calisthenics/core workout.

Run:

Run 3 to 5 miles as fast as you can.

Calisthenics (and a sprinkle of core):

Push Ups

300 Reps Total

Air Squats

250 Reps Total

Sit Ups

250 Reps Total

Dips

200 Reps Total

Lunges

150 Reps Total (75 each leg)

Pull Ups

100 Reps Total

Core Finisher:

Forearm Plank

3×60 seconds (weighted if possible)

Plank to Push Ups

3×25

Hanging or Lying Leg Raises (switch it up)

3×25

Cable Crunches

3×25

Russian Twists

3×25

The Deadpool Workout: Leg Day + Circuit + Swim

You can swim before or after your workout.

Swim:

Swim 1,000 to 2,000 meters.

Main Lifts:

Back Squat

5×12,10,8,5,5

Leg Press

5×12,10,8,5,5

Calf Raises

5×12,10,8,5,5

Accessory Work:

Hamstring Curls (Machine)

3×10

Quad/Leg Extension (Machine)

3×10

Circuit:

Complete 3 Rounds for Time:

30 Meter Farmers Carry

25 Goblet Squats w/ KB

20 Weighted Lunges

15 Box Jumps

10 Cable Pull Throughs

5 Second Dead Body Yoga Pose (*BUT ONLY 5 SECONDS!*)

The Deadpool Workout: Run + Calisthenics + Core

You can run before or after your calisthenics/core workout.

Run:

Run 3 to 5 miles as fast as you can.

Calisthenics (and a sprinkle of core):

Push Ups

300 Reps Total

Air Squats

250 Reps Total

Sit Ups

250 Reps Total

Dips

200 Reps Total

Lunges

150 Reps Total (75 each leg)

Pull Ups

100 Reps Total

Core Finisher:

Forearm Plank

3×60 seconds (weighted if possible)

Plank to Push Ups

3×25

Hanging or Lying Leg Raises (switch it up)

3×25

Cable Crunches

3×25

Russian Twists

3×25