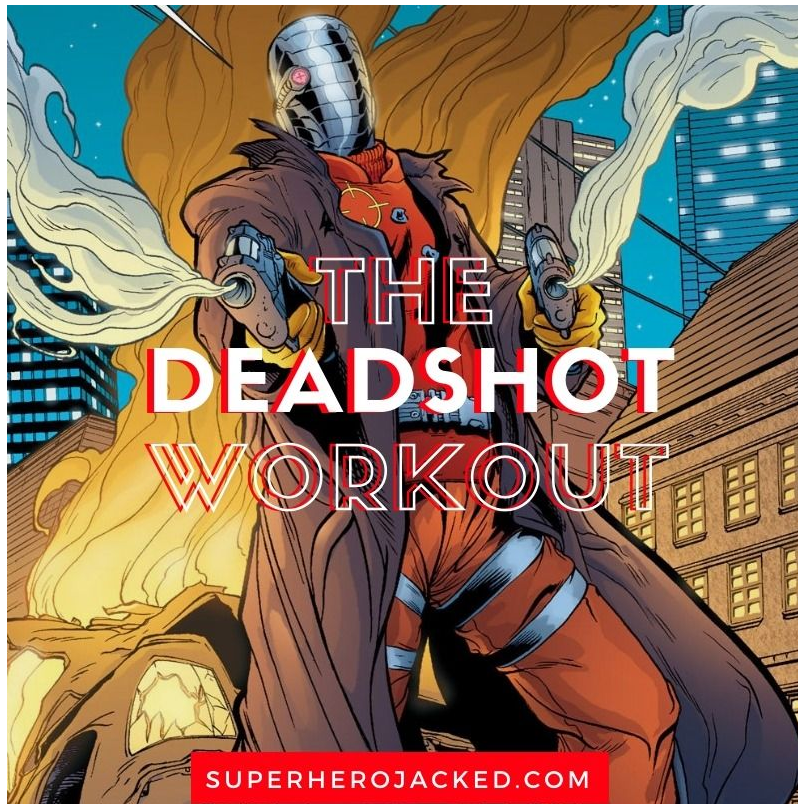


DEADSHOT

WORKOUT ROUTINE



Bonus PDF File
By: Mike Romaine

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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.

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DEADSHOT WORKOUT ROUTINE

Training Volume:

5 Days Per Week

Explanation:

You're going to be training 5 days per week focusing on endurance, calisthenics, parkour evasive maneuvers, and hand-to-hand combat/intensive training.

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.

Deadshot Workout: Sample Workout Schedule

Monday: Calisthenics, Core and Cardio A

Tuesday: Long Distance Run to Work on Endurance

Wednesday: Parkour and Mixed Martial Arts

Thursday: Long Distance Run to Work on Endurance

Friday: Calisthenics, Core and Circuit B

Saturday: Rest Day or Parkour and Mixed Martial Arts

Sunday: Rest Day

Deadshot Workout: Calisthenics, Core and Cardio A

Warm up:

1 Mile Run

Practice rapidly changing body positions (standing to kneeling)

1. Prone to standing, ducking, crouching to squatting)
2. 100 yard low crawl (3 sets)
3. 100 yard bear crawl (3 sets)
4. Zig Zag sprints (5 minutes)
5. Hand to hand combat (practice low kicks, knee strikes, knee to groin, elbows, open hand strikes, (to chin and face), open hand cupped behind the ear, throat strike, grappling drills, arms bars and chokes from standing and guard positions (10-20 minutes)

Calisthenics:

150 Push Ups

150 Squats

100 Dips

100 Double Unders

50 Pull Ups

50 Lunges Each Leg

Core:

Sit Ups

3×25

Hanging Leg Raises

3×25

Finisher:

3 Rounds for Time:

30 Second Sprint

15 Kettlebell Swings

20 Ball Slams

15 Kettlebell Deadlifts

20 Squats w/ Ball

15 Kettlebell Snatches each Arm

30 Second Rest

Deadshot Workout: Calisthenics, Core and Cardio B

Warm Up:

1 Mile Run

Workout:

Walking lunges

(10 each side) 3 sets

Diamond pushups

40 reps 3 sets

Squat jump with floor touch

3×15

Burpees

3×15

Flutter kicks

3×25

Core:

Plank to Push Ups

3×25

Russian Twists

3×25

Finisher:

30 Double Unders

15 Push Ups

20 Box Jumps

15 Wide Push Ups

20 Jump Squats

15 Pike Push Ups

30 Second Rest

Deadshot Workout: Long Distance Endurance Training

Warm Up:

If you have ammo cans (or empty 5 gallon buckets) fill them up halfway and do the following:

- Hill sprint: run up the hill and walk back down 5 times
- Wind sprints 5 times
- Zig Zag sprints 5 times

Workout: Long Distance Endurance Training

Use [The Kid Flash](#) or [Constance Wu](#) Couch to 10k and work your way up to long distance running.

Or start with this based on your fitness level:

Beginner: 1-3 Miles (Walk/Run)

Intermediate: 2-4 Miles (Jog)

Advanced: 3-5 Mile Run

Deadshot Workout: Mixed Martial Arts Training and Parkour

Deadshot was trained in Karate, Boxing, Muay Thai, Jiu-Jitsu, Judo, Krav Maga, and an expert in Knife Fighting.

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](#)

As for Parkour, which will definitely be made easier with your endurance training, and necessary to embody Deadshot, you can utilize our SHJ Parkour Guide which comes in the form of our [Nightrunner](#) workout which was made by myself and Academy member Felix!