

THE DOOMGUY 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 DOOMGUY WORKOUT ROUTINE

Training Volume:

6 Days Per Week

Explanation:

Initial Marine Physical Fitness Testing is done by testing Pull-Ups or Push Ups, Sit Ups, and a 3 Mile Run. For that reason we need to start by knowing we have to prep you for that, and lead us into knowing you need to prep to become Doomguy! For that reason we'll be focusing 3 days a week to getting strong (with small traces of cardio in there as well), 2 days a week to speed and endurance, and a final day to the typical hike (which will get longer each week) that Marines do throughout their training (throw on some heavy gear to make it more real)!

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.

Doomguy Workout: Sample Workout Schedule

Monday: Push Day and Swim

Tuesday: Calisthenics, Speed and Cardio

Wednesday: Pull Day and Run

Thursday: Calisthenics, Speed and Cardio

Friday: Leg Day and Row

Saturday: Your Marine Hike

Sunday: Rest

Doomguy Workout Day One: Push Day and Swim

You can swim before or after your workout. I prefer cardio after my training on heavier lifting days.

Workout:

Bench Press

4x12

Arnold Press

4x12

Close Grip Bench Press

4x12

Incline DB Bench Press

4x12

Seated DB Overhead Extension

4x12

Dips

4x25

Blowout:

3 Rounds (rest 1 minute between rounds if needed)

50 Meter Sprint

25 Push Ups

15 Kettlebell Swings

10 Single Arm DB Snatches (each arm)

5 Plank to Push Ups

Swim:

For your swim you're going to utilize our swim guide from *Speedo*:

- [Speedo's Beginner Swim Guide](#)

Doomguy Workout Day Two: Calisthenics, Speed and Cardio

Main Calisthenics:

Push Ups:

Complete 250 in as many sets as it takes.

Sit Ups:

Complete 150 in as many sets as it takes.

Pull Ups:

Complete 100 in as many sets as it takes.

Extra Calisthenics and Core:

Planks:

Plank a Total of 3 Minutes.

Dips:

Complete 100-200 in as many sets as it takes.

Air Squats or Lunges:

Complete 100-200 in as many sets as it takes.

Speed and Cardio:

The Workout:

Jog 5 Minutes

Walk 1 Minute

Begin 30 Minutes of "On and Off" Sprints:

1 Minute ON: Sprint 7-10+ mph

1 Minute OFF: Walk 2.5-3.5 mph

End Sprints

Walk 1 Minute

Jog 5 Minutes

Cooldown 5 Minutes

Doomguy Workout Day Three: Pull Day and Run

You can swim before or after your workout. I prefer cardio after my training on heavier lifting days.

Workout:

Deadlift

4×12

Barbell Rows

4×12

Barbell Curls

4×12

Close Grip Pulldowns

4x12

Cable Wide Grip Rows

4x12

Chin Ups

4x12

Blowout:

3 Rounds (rest 1 minute between rounds if needed)

50 Meter Tire Flip

25 Push Ups

10 Reverse Cable Crossovers

5 Heavy Cable Hammer Curls

Run:

Run a 5k (3.1 miles)!

Track it each week and seek to improve.

Doomguy Workout Day Four: Calisthenics, Speed and Cardio

Main Calisthenics:

Push Ups:

Complete 250 in as many sets as it takes.

Sit Ups:

Complete 150 in as many sets as it takes.

Pull Ups:

Complete 100 in as many sets as it takes.

Extra Calisthenics and Core:

Planks:

Plank a Total of 3 Minutes.

Dips:

Complete 100-200 in as many sets as it takes.

Air Squats or Lunges:

Complete 100-200 in as many sets as it takes.

Speed and Cardio:

The Workout:

Jog 5 Minutes

Walk 1 Minute

Begin 30 Minutes of "On and Off" Sprints:

1 Minute ON: Sprint 7-10+ mph

1 Minute OFF: Walk 2.5-3.5 mph

End Sprints

Walk 1 Minute

Jog 5 Minutes

Cooldown 5 Minutes

Doomguy Workout Day Five: Leg Day and Swim

You can swim before or after your workout. I prefer cardio after my training on heavier lifting days.

Workout:

Back Squat

4×12

Leg Press

4×12

Hack Squat

4×12

Hamstring Curls

4x12

Cable Wide Grip Rows

4x12

Weighted Lunges

4x12

Blowout:

3 Rounds (rest 1 minute between rounds if needed)

50 Meter Farmer's Carry

25 Box Jumps

10 Double Unders

5 Inch Worms

Row:

Row a 5k (3.1 miles)!

Track it each week and seek to improve.

Doomguy Workout Day Six: The Marine Hike

Tack on a weighted vest if you're able to.

Week One: 4 Miles

Week Two: 6 Miles

Week Three: 8 Miles

Week Four: 12 Miles 😊

Just when you thought you saw a trend there, right?