

DRACULA

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.

DRACULA WORKOUT ROUTINE

Training Volume:

5+ days per week

Explanation:

We have a lot to work on. Dracula's powers are EXTREMELY well rounded.

That being said, our main focus is going to be strength gain, and the speed and agility will fall in place with the rest of the training we will do on top of that focus.

Compound Instructions:

If you upgrade this workout (below) you will be given exact numbers for your lifts, otherwise you can base your 5×5 count off your 1-Rep-Max and go 75-85% after a warm up (keeping it the same for all five and changing it up weekly or bi-weekly).

Accessory Instructions:

Complete all Accessory Work.

Accessory work should be done with traditional pyramid training unless you will be upgrading your routine, in which case you can also mix in straight sets in different rep schemes.

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.

Dracula Workout: Sample Workout Schedule

Monday: Superhuman Strength: Chest Day

Tuesday: Superhuman Strength: Leg Day

Wednesday: Superhuman Strength: Arm Day

Thursday: Superhuman Strength: Shoulder Day

Friday: Superhuman Strength: Back Day

Saturday: Rest Day

Sunday: Rest Day

Dracula Workout: Superhuman Strength Chest Day

Warm Up:

10 Minute Incline Walk [To Get Warm]

Compound:

Flat Bench Press [with Barbell]

5×5

Accessory Work:

Decline Cable Flyes

3×12,10,8

Incline Dumbbell Bench Press

3×12,10,8

Decline Hammer Strength

3×12,10,8

Dumbbell Flyes

3×12,10,8

Weighted Dips

4×10

High Intensity Interval Speed Training:

10-30 Minutes of Sprints

Change duration depending on how much you want to increase fat-loss and/or work on speed.

Format of Sprints:

- Sprint 30 Seconds
- Rest 90 Seconds
- Repeat

Dracula Workout: Superhuman Strength Leg Day

Warm Up:

10 Minute Incline Walk [To Get Warm]

Compound:

Barbell Back Squats

5×5

Accessory Work:

Hamstring Curl Machine

3×12,10,8

Leg Extension Machine

3×12,10,8

Seated Calf Raises

3×12,10,8

Leg Press

3×12,10,8

Weighted Lunges

4×10 each leg

High Intensity Interval Speed Training:

10-30 Minutes of Sprints

Change duration depending on how much you want to increase fat-loss and/or work on speed.

Format of Sprints:

- Sprint 30 Seconds
- Rest 90 Seconds
- Repeat

Dracula Workout: Superhuman Strength Arm Day

Warm Up:

10 Minute Incline Walk [To Get Warm]

Compound:

Format Arm Day "Compounds" as you would Accessory Work

Preacher Curls

4×12,10,8,5

Close Grip Bench

4×12,10,8,5

Accessory Work:

Alternating Hammer Curls w/ Dumbbells

3×12,10,8 each arm

Seated Single Dumbbell Overhead Extension

3×12,10,8

Seated Concentration Curls

3×12,10,8 each arm

Reverse Grip Tricep Pushdown on Cables

3×12,10,8

Weighted Chin Ups

4×10

High Intensity Interval Speed Training:

10-30 Minutes of Sprints

Change duration depending on how much you want to increase fat-loss and/or work on speed.

Format of Sprints:

- Sprint 30 Seconds
- Rest 90 Seconds
- Repeat

Dracula Workout: Superhuman Strength Shoulder Day

Warm Up:

10 Minute Incline Walk [To Get Warm]

Compound:

Standing Overhead Press [with Barbell]

5×5

Accessory Work:

Cable Front Raises w/ Bar (Through Your Legs)

3×12,10,8

Dumbbell Lateral Raises

3×12,10,8

Power Cleans

3×12,10,8

Barbell Shrugs

3×12,10,8

Weighted Push Ups

4×10

High Intensity Interval Speed Training:

10-30 Minutes of Sprints

Change duration depending on how much you want to increase fat-loss and/or work on speed.

Format of Sprints:

- Sprint 30 Seconds
- Rest 90 Seconds
- Repeat

Dracula Workout: Superhuman Strength Back Day

Warm Up:

10 Minute Incline Walk [To Get Warm]

Compound:

Barbell Deadlifts

5×5

Accessory Work:

Cable Face Pulls

3×12,10,8

Wide Grip Cable Rows

3×12,10,8

Close Grip Lateral Pulldowns (Machine or Cables)

3×12,10,8

Cable Straight Arm Pulldowns

3×12,10,8

Weighted Wide Grip Pullups

4×10

High Intensity Interval Speed Training:

10-30 Minutes of Sprints

Change duration depending on how much you want to increase fat-loss and/or work on speed.

Format of Sprints:

- Sprint 30 Seconds
- Rest 90 Seconds
- Repeat