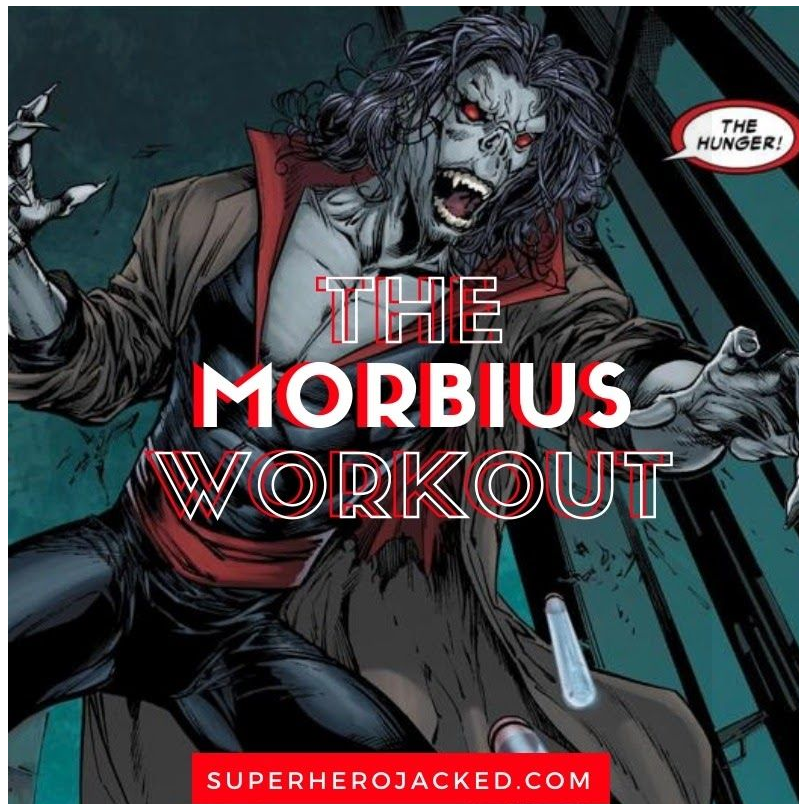


MORBIUS

WORKOUT ROUTINE



Bonus PDF File
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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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MORBIUS WORKOUT ROUTINE

Training Volume:

5+ days per week

Explanation:

We're working on becoming extremely well rounded. We need to get strong while also working on our speed, stamina and overall agility. This is a hard task considering in order to build strength we want to eat more calories (usually), while trying to gain speed and stamina will usually result in utilizing tasks that burn those extra calories we want to be getting. For that reason you'll need to work extra hard to pair a diet that works FOR YOU with this routine.

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.

Morbius Workout: Sample Workout Schedule

Monday: Superhuman Strength and Speed: Leg Day and HIIT Training

Tuesday: Superhuman Stamina and Agility: Endurance and Circuit

Wednesday: Superhuman Strength and Speed: Push Day and HIIT Training

Thursday: Superhuman Stamina and Agility: Endurance and Circuit

Friday: Superhuman Strength and Speed: Pull Day and HIIT Training

Saturday: Rest Day or Parkour

Sunday: Rest Day or Parkour

Morbius Workout: Superhuman Strength and Speed Leg Day & HIIT

Superhuman Strength Training:

Back Squats

4×12, 10, 8, 6

Leg Press

4×12, 10, 8, 6

Superset One:

A. Quad/Leg Extension Machine

3×10

B. Glute Bridges on Leg Extension

3×10

Superset Two:

A. Straight Leg DL with DBs

4×10

B. Cable Pullthroughs

4×10

Triset Finisher:

A. Lunges

4×20 [total]

B. Mountain Climbers

4×15

C. Box Jumps

4×10

Superhuman Speed Training:

High Intensity Interval Sprints:

Complete 20 Min Straight and Utilize a 5 Min Warm Up and Cooldown [if needed]

- Sprint for 1 Minute
- Cooldown Walk for 1 Minute
- Rinse and Repeat for a Total of 10 Sprints and 20 Total Minutes

Morbius Workout: Superhuman Stamina and Agility: Endurance and Circuit

Superhuman Stamina Training:

Complete one of the following:

- Run 3-5 miles
- Row a 5k
- Bike 15 Miles

Superhuman Agility Training:

Complete The Spartan 300 Workout:

- 25 Pull-Ups
- 50 Deadlifts @135
- 50 Push-Ups
- 50 Box Jumps @24"
- 50 Floor Wipers @135
- 50 Clean and Press @36 each arm
- 25 Pull-Ups

Morbius Workout: Superhuman Strength and Speed Push Day & HIIT

Superhuman Strength Training:

Bench Press

4x12, 10, 8, 6

Seated Overhead [Barbell] Press

4×12, 10, 8, 6

Superset One:

A. Front Raises w/ Plate

3×10

B. Dumbbell Clean and Press

3×10

Superset Two:

A. Dips

4×10

B. Cable Pushdowns

4×10

Triset Finisher:

A. Push Ups

4×20

B. Kettlebell Swings

4×15

C. Snatches (1 Arm DB or 2 Arm BB)

4×10 [total]

Superhuman Speed Training:

High Intensity Interval Sprints:

Complete 20 Min Straight and Utilize a 5 Min Warm Up and Cooldown [if needed]

- Sprint for 1 Minute
- Cooldown Walk for 1 Minute
- Rinse and Repeat for a Total of 10 Sprints and 20 Total Minutes

**Morbius Workout: Superhuman Stamina and Agility:
Endurance and Circuit**

Superhuman Stamina Training:

Complete one of the following:

- Run 3-5 miles
- Row a 5k
- Bike 15 Miles

Superhuman Agility Training:

Complete The Spartan 300 Workout:

- 25 Pull-Ups
- 50 Deadlifts @135
- 50 Push-Ups
- 50 Box Jumps @24"

- 50 Floor Wipers @135
- 50 Clean and Press @36 each arm
- 25 Pull-Ups

Morbius Workout: Superhuman Strength and Speed Pull Day & HIIT

Superhuman Strength Training:

Deadlifts

4×12, 10, 8, 6

Bent Over Barbell Rows

4×12, 10, 8, 6

Superset One:

A. Hammer Strength Pulldowns

3×10

B. Standing Alternating Dumbbell Curls

3×10

Superset Two:

A. Cable Hammer Curls w/ Rope

4×10

B. Wide Push Ups

4×10

Triset Finisher:

A. Cable Face Pulls

4×20

B. Alternating Cable or Hammer Rows

4×15

C. Chin Ups

4×10 (or failure)

Superhuman Speed Training:

High Intensity Interval Sprints:

Complete 20 Min Straight and Utilize a 5 Min Warm Up and Cooldown [if needed]

- Sprint for 1 Minute
- Cooldown Walk for 1 Minute
- Rinse and Repeat for a Total of 10 Sprints and 20 Total Minutes