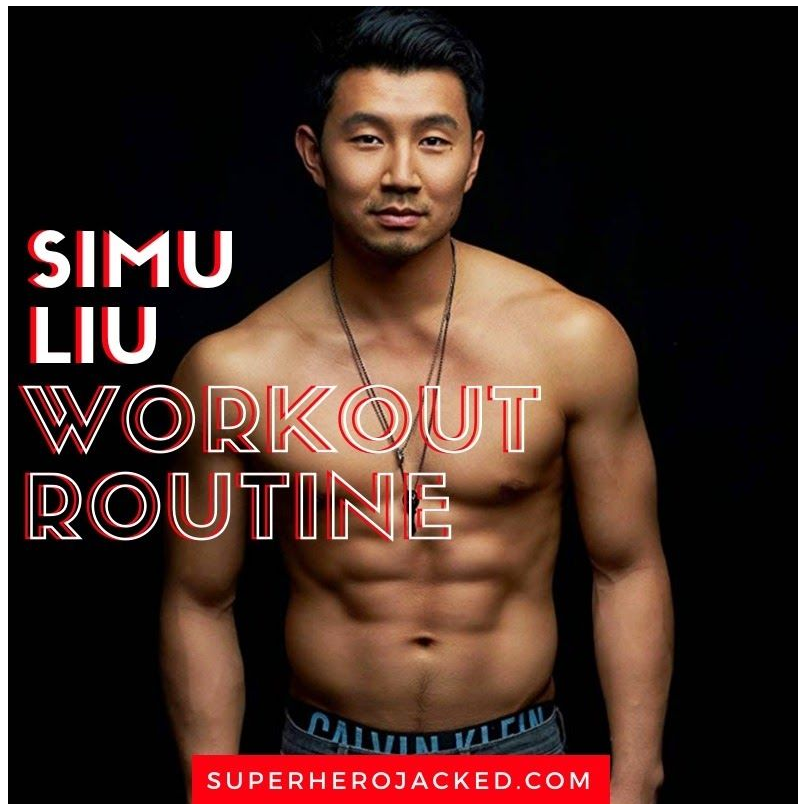


SIMU LIU

WORKOUT ROUTINE



Bonus PDF File
By: Mike Romaine

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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.

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SIMU LIU WORKOUT ROUTINE

Training Volume:

5+ days per week

Explanation:

Simu Liu's workout consists of much more than just the gym. He is super sporty and athletic and much of this training will also revolve around a high level of activity (which if you can't replicate you will have to opt for cardio and a circuit). The other portion of the workout will consist of 3 days a week of full body training made up from all the workouts I was able to find him utilizing.

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.

Simu Liu Workout: Sample Workout Routine Schedule

Monday: Full Body, Blowouts, Core and Cardio A

Tuesday: High Intensity Activity or Cardio & Circuit

Wednesday: Full Body, Blowouts, Core and Cardio B

Thursday: High Intensity Activity or Cardio & Circuit

Friday: Full Body, Blowouts, Core and Cardio C

Saturday: High Intensity Activity or Cardio & Circuit

Sunday: Rest Day

Simu Liu Workout: Full Body, Blowouts, Core and Cardio A

Workout:

Bench Press

4×12,10,8,5

EZ Bar Bicep Curl (Standing)

3×10

Alternating DB Bicep Curls (Standing)

3×10 each arm

Bent Over Shoulder Flyes

3×10

Triset: 3 Rounds 10 Reps Each

(Complete One Set after another w/ no rest until End of Round)

- Shoulder Front Raises w/ DB
- Bicep Curl to Clean and Press

- Upright Row w/ Dumbbells

Blow Out Sets:

Clap Push Ups

3xFailure

Sit Ups

3x30 Alternating w/ Twist

Forearm Plank

3x60 seconds

Cardio:

Burn 250-300 Calories using any variation of the following:

- HIIT Treadmill
- HIIT Bike
- Steady High Paced Elliptical
- High Incline Walk
- StairMaster
- Rower

Simu Liu Workout: Full Body, Blowouts, Core and Cardio B

Workout:

Romanian Deadlifts w/ Dumbbells

4×12,10,8,5

Bicep Curl Step Ups

3×10 each arm/leg

Leg Press

3×10

Thrusters w/ Dumbbells

3×10

Triset: 3 Rounds 10 Reps Each

(Complete One Set after another w/ no rest until End of Round)

- Kettlebell Swings
- Bent Over Rows
- Box Jumps

Blow Out Sets:

Chin Ups

3×Failure

Cable Crunches

3×30 Alternating w/ Twist

Plank to Push Ups

3×20

Cardio:

Burn 250-300 Calories using any variation of the following:

- HIIT Treadmill
- HIIT Bike
- Steady High Paced Elliptical
- High Incline Walk
- StairMaster
- Rower

Simu Liu Workout: Full Body, Blowouts, Core and Cardio C

Workout:

Overhead Press w/ Barbell

4×12,10,8,5

Tricep Cable Pushdown w/ Rope

3×10

Weighted Lunges

3×10 each leg

Face Pulls

3×15

Triset: 3 Rounds 10 Reps Each

(Complete One Set after another w/ no rest until End of Round)

- DB Incline Dumbbell Press
- Skull Crushers w/ DB
- Standing DB Incline Chest Flyes

Blow Out Sets:

Dips

3xFailure

Machine Sit Ups [Weighted]

3×30 Alternating w/ Twist

Russian Twists

3×26

Cardio:

Burn 250-300 Calories using any variation of the following:

- HIIT Treadmill
- HIIT Bike
- Steady High Paced Elliptical
- High Incline Walk
- StairMaster

- Rower

Simu Liu Workout: High Intensity Activity or Cardio & Circuit

I'm going to be giving you a handful of resources to utilize for this one, but I also want to give you a list of activities that Liu engages in.

Here's some of the activities Liu can be caught taking part in:

- Kung Fu
- Karate
- Rock Climbing
- Waterskiing
- Gymnastics
- Basketball
- Hiking
- Other sports and fun activities

So feel free to get out there and engage in these same activities to burn calories and shred up your muscles!

If not, though, it's going to be your job to still get in your training.

Here are some other resources you can utilize before I give you some alternative options:

SHJ MMA Resources:

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](#)

SHJ Parkour:

We've also put together a fun parkour workout that might be right up your alley if you're looking to get the Simu Liu physique.

I worked with Academy member Felix to put it together under superhero Nightrunner!

- [The Nightrunner Workout \(Parkour Workout\)](#)

SHJ Circuit Resources:

CrossFit WOD Lists and Circuits:

- [Kevin Hart Workout](#)
- [Paige WWE Workout](#)
 - Tons of other celebs have WODs and circuits but these two articles have a full list of tons of WODs you can choose from.

10 Minute or Less Workouts:

- [Plank and Jump](#)
- [Climbing to a Tight Core](#)
- [Battle Ropes](#)
- [Death by Burpees](#)
- [30 Second Bodyweight Circuit](#)

- [Burpee Circuit 2](#)
- [Sprints and Bodyweight](#)
- [The Heavybag Routine](#)

SHJ Go-To Swimming Routine:

- [Speedo Beginner Training](#)