

BEAST BOY 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.

BEAST BOY WORKOUT ROUTINE

Training Volume:

5-6 days per week

Explanation:

We're training for a bit of everything which is why it is high volume. I am giving you a ton of amazing resources to accomplish it all so it will be your job to go into those resources and utilize them accordingly.

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.

Beast Boy Workout: Sample Workout Schedule

Monday: Superhuman Strength: Upper Body Training

Tuesday: Speed, Calisthenics, MMA and Parkour

Wednesday: Superhuman Strength: Lower Body Training

Thursday: Speed, Calisthenics, MMA and Parkour

Friday: Superhuman Strength: Full Body Training

Saturday: Optional Endurance Training

Sunday: Mandatory Rest Day

Beast Boy Workout: Upper Body Training

Warm Up:

10 Minute Jog

Workout:

Bench Press

4×10

Power Cleans

3×8

Chin Ups

3×10

Kettlebell Swings

3×10

Seated Dumbbell Overhead Extension

3×10

Cable Rows

3×10

Beast Boy Workout: Lower Body Training

Warm Up:

10 Minute Jog

Workout:

Back Squats

4×10

Dumbbell Deadlifts

3×8

Weighted Lunges

3×10

Box Jumps

3×10

Leg Press

3×10

Seated Calf Raises

3×10

Beast Boy Workout: Full Body Training

Warm Up:

10 Minute Jog

Workout:

Dumbbell Thrusters

4×10

Weighted Step Up + Dumbbell Curls

3×8 each leg/arm

Wide Grip Lateral Pulldowns

3×10

Burpees

3×10

Goblet Squats

3×10

Single Arm Dumbbell Snatch

3×10 each arm

Beast Boy Workout: Speed, Calisthenics, MMA and Parkour

For this section I'll be sharing resources that you'll need to complete each.

You do not need to do ALL of this on each given day, as that would result in EXTREMELY high volume.

It is, however, your job to switch it up and train in all these aspects if you want to fully embody Beast Boy.

Calisthenics and Parkour

- [Nightrunner Workout Routine](#)
 - This Nightrunner Workout has both Calisthenics AND Parkour for you.

Mixed Martial Arts Resources

- [Deathstroke](#)
- [Daredevil](#)
- [Moon Knight](#)
- [Sagat](#)
- [Anna Diop](#)
- [Frank Grillo](#)
- [Ryan Potter](#)

That last name should look familiar...

Speed Training

For speed training you can also utilize it for endurance as well if you'd like.

- [The Kid Flash Workout Routine](#)