

# U.S. AGENT WORKOUT ROUTINE



Bonus PDF File  
By: Mike Romaine

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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.

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# U.S. AGENT WORKOUT ROUTINE

## Training Volume:

6 days per week

## Explanation:

While we normally would prefer to focus in on one goal at a time, we'll be looking to get incredibly strong while also gaining stamina (which can work against strength gain being that we'll need to make up for those calories burned) and also fit calisthenics work on top of all our lifts. For that reason I'll be programming you 3 days devoted to heavy lifting like a powerlifter, where you will also work on your endurance after your lifts, and 3 days devoted to calisthenics and high intensity interval training for agility and acrobatics.

## Powerlifting Explanation:

Every single compound lift should also have 3-5 warm up sets before moving into your actual heavy programming.

This program works best if you have specific lifts programmed for you based on your 1RM and calculations.

## Calisthenics Explanation:

This is most effective when you begin scaling your calisthenics up like we do in our [Bodyweight Book](#).

## 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.

### U.S. Agent Workout: Sample Workout Schedule

**Monday:** Squat, Bench Press and Deadlifts + Endurance and Accessory Work

**Tuesday:** Calisthenics and High Intensity Interval Training

**Wednesday:** Squats and Overhead Press + Endurance and Accessory Work

**Thursday:** Calisthenics and High Intensity Interval Training

**Friday:** Squats, Bench Press and Power Cleans + Endurance and Accessory Work

**Saturday:** Calisthenics and High Intensity Interval Training

**Sunday:** Mandatory Rest Day

### U.S. Agent Workout: Squat, Bench Press and Deadlifts + Endurance and Accessory Work

**Warm Up:**

5-10 Minute Incline Walk [To Get Warm]

**Compound Lifts:**

*\*\*Don't forget to add warm up sets.\*\**

Back Squats

5×5

Bench Press

5×5

Deadlifts

1×5

**Accessory Work:**

Dumbbell Rows

3×10

Incline Dumbbell Bench Press

3×10

**Endurance Work:**

Jog 3.1 Miles

**U.S. Agent Workout: Calisthenics and High Intensity Interval Training**

**Calisthenics Workout: Complete All Designated Reps In As Many Rounds As Needed**

Push Ups

250

Air Squats

200

Sit Ups

150

Dips

100

Chin Ups

50

### **High Intensity Interval Training: 20 Minutes of “On and Off” Sprints + 10 Minute Cooldown**

HIIT Programming:

*\*\*Feel free to complete this one a Rower or Airdyne as well; but it is programmed for a Treadmill.\*\**

- 1 Minute ON: Sprint for 60 Seconds
- 1 Minute OFF: Walk for 60 seconds
- Rinse and Repeat

This can also be formatted in a 30/90 second format as well if you feel you need more rest time after your intense sprints.

# **U.S. Agent Workout: Squat and Overhead Press + Endurance and Accessory Work**

## **Warm Up:**

5-10 Minute Incline Walk [To Get Warm]

## **Compound Lifts:**

*\*\*Don't forget to add warm up sets.\*\**

Back Squats

2×5

Overhead Press

3×5

## **Accessory Work:**

Face Pulls

3×10

Barbell Shrugs

3×10

Glute Ham Raises

3×10

## **Endurance Work:**

Jog 3.1 Miles

## **U.S. Agent Workout: Calisthenics and High Intensity Interval Training**

**Calisthenics Workout: Complete All Designated Reps In As Many Rounds As Needed**

Push Ups

250

Air Squats

200

Sit Ups

150

Dips

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Chin Ups

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**High Intensity Interval Training: 20 Minutes of "On and Off" Sprints + 10 Minute Cooldown**



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## **U.S. Agent Workout: Squats, Bench Press and Power Cleans + Endurance and Accessory Work**

**Warm Up:**

5-10 Minute Incline Walk [To Get Warm]

**Compound Lifts:**

*\*\*Don't forget to add warm up sets.\*\**

Back Squats

1×5

Bench Press

1×5

Power Cleans

5×3

**Accessory Work:**

Cable Tricep Pushdowns

3×10

Weighted Hyperextensions

3×10

**Endurance Work:**

Jog 3.1 Miles

**U.S. Agent Workout: Calisthenics and High Intensity Interval Training**

**Calisthenics Workout: Complete All Designated Reps In As Many Rounds As Needed**

Push Ups

250

Air Squats

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