

# ALL FOR ONE WORKOUT ROUTINE



Bonus PDF File  
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# ALL FOR ONE WORKOUT ROUTINE

## Training Volume:

5 days per week

## Explanation:

We're still going to be working with some heavy compound like we did for Endeavor, but this time instead of 5x5 training we're going to be using reverse pyramid training combined with a PPL Split (push, pull, legs), and extra days devoted to speed and endurance work.

## Reverse Pyramid Training:

For Reverse Pyramid Training you're going to follow the same approach for your compound lifts each PPL Day and follow it up with Traditional Pyramid Training and Straight Sets.

Here's how your training should look for RPT on this one:

## Warm Up Sets:

5 x 60%

3 x 75%

1 x 90%

## Working Sets:

4 x Max Effort

6 x 95%

8 x 85%

### **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.

### **All For One Workout: Sample Workout Schedule**

**Monday:** Push Day: Bench and Overhead Press

**Tuesday:** Full Body, Core, Endurance and Villain Training

**Wednesday:** Pull Day: Deadlift and Biceps

**Thursday:** Full Body, Core, Endurance and Villain Training

**Friday:** Leg Day: Squats and Calves

**Saturday:** Active Rest Day

**Sunday:** Mandatory Rest Day

### **All For One Workout: Push Day**

**Warm Up:**

Get Warm

I prefer to do an incline treadmill walk 10-20 minutes.

**Compounds:**

Bench Press

*Follow the RPT Training above.*

Overhead Press

*Follow the RPT Training above.*

**Accessory Work:**

Incline Dumbbell Bench Press

3×12, 10, 8

Tricep Cable Pushdowns

3×12, 10, 8

Standing Incline DB Chest Flyes

3×10

Close Grip Bench

3×10

Weighted Dips

3×5

# All For One Workout: Full Body, Core, Endurance and Villain Training V1

For this one I'm going to be giving you a mix of everything, including options.

You have a mandatory circuit and ab giant set to get through, but then you can decide to work on endurance, mixed martial arts or even parkour to get into your villainous shape.

## **Mandatory Circuit:**

Complete 1 Round

25 Pull Ups

50 Kettlebell Swings

50 Push Ups

50 Deadlifts @135

50 V-Ups

50 Box Jumps

50 Clean and Press

50 Push Ups

25 Pull Ups

## **Giant Set Core Workout (Break Between Rounds, Not Sets):**

*Complete 3 Giant Sets*

1 Minute Plank

25 Lying Leg Raises w/ Hip Thrust

20 Cable Crunches

15 Second Hollow Hold

**Optional Parkour Training:**

- [Nightrunner Parkour Workout Routine](#)
- [Robbie Amell Parkour Training](#)
- [Assassin's Creed Parkour Training](#)

**Optional Mixed Martial Arts Training:**

- [Deathstroke Workout Routine](#)
- [Daredevil Workout Routine](#)
- [Moon Knight Workout Routine](#)
- [Sagat Workout Routine](#)
- [Anna Diop Workout Routine and Diet Plan](#)
- [Frank Grillo Workout Routine and Diet Plan](#)
- [Ryan Potter Workout Routine and Diet Plan](#)

**All For One Workout: Pull Day**

**Warm Up:**

Get Warm

I prefer to do an incline treadmill walk 10-20 minutes.

**Compounds:**

Deadlifts

*Follow the RPT Training above.*

Bent Over Rows

*Follow the RPT Training above.*

**Accessory Work:**

Preacher Curls

3×12, 10, 8

Cable Reverse Flyes

3×12, 10, 8

Chin Ups

3×10

Concentration Curls

3×10 each arm

Weighted Wide Grip Pull Ups

3×5



## **All For One Workout: Full Body, Core, Endurance and Villain Training V2**

For this one I'm going to be giving you a mix of everything, including options.

You have a mandatory circuit and ab giant set to get through, but then you can decide to work on endurance, mixed martial arts or even parkour to get into your villainous shape.

### **Mandatory Circuit:**

Complete 5 Rounds

40 Double Unders

30 Push Ups

20 Air Squats

10 Pull Ups

20 Dips

30 Jumping Lunges

40 Mountain Climbers

### **Giant Set Core Workout (Break Between Rounds, Not Sets):**

*Complete 3 Giant Sets*

1 Minute Plank

25 Hanging Leg Raises

20 Sit Ups

15 Second L-Sit

### **Optional Parkour Training:**

- [Nightrunner Parkour Workout Routine](#)
- [Robbie Amell Parkour Training](#)
- [Assassin's Creed Parkour Training](#)

### **Optional Mixed Martial Arts Training:**

- [Deathstroke Workout Routine](#)
- [Daredevil Workout Routine](#)
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- [Ryan Potter Workout Routine and Diet Plan](#)

## **All For One Workout: Leg Day**

### **Warm Up:**

Get Warm

I prefer to do an incline treadmill walk 10-20 minutes.

### **Compounds:**

Back Squats

*Follow the RPT Training above.*

Bulgarian Split Squats

*Follow the RPT Training above.*

**Accessory Work:**

Leg Press

3×12, 10, 8

Weighted Lunges

3×12, 10, 8 each leg

Seated Calf Raises

3×10

Glute Bridges

3×10

Cable Pullthroughs

3×10