

# CLONE TROOPER 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.

# CLONE TROOPER WORKOUT ROUTINE

## Training Volume:

3-5+ days per week (option to scale down to 3 days of resistance training and cut cardio)

## Explanation:

Similar to how we have Five Levels of Training that scale up for our Ultimate Calisthenics Workout & Guide, we will have the option to scale certain training to lower levels. Within all of our circuits I will give ways to scale them. If you scale down, you will be brought to a lower rank (lowest rank), if you keep it the same you're at a mid tier, and if you scale up (which I'll also tell you

## 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.

## Clone Trooper Workout: Sample Workout Schedule

**Monday:** Upper Body Circuit

**Tuesday:** Weighted Trek

**Wednesday:** Full Body Training

**Thursday:** Long Distance (Variable) Cardio

**Friday:** Lower Body Circuit

**Saturday:** Rest Day or HIIT Training

**Sunday:** Mandatory Rest Day

## **Clone Trooper Workout: Upper Body Circuit**

### **Warm Up:**

2×10 Chin Ups

2×10 Kettlebell Swings

2×10 Skull Crushers (Bodyweight)

### **Workout:**

*Complete 5 Rounds*

5 Regular Push Ups

30 Seconds of Jump Rope

5 Wide Push Ups

30 Second Superman Hold

5 Pseudo Push Ups

30 Second Rest

5 Explosive Push Ups

30 Seconds Hollow Hold

5 Close Push Ups

30 Seconds Jump Rope

5 Regular Push Ups

**Scaling:**

- **Level One:**
  - Scale Push Ups to Knee Push Up Variations or Pause Push Up Variations
  - Scale Jump Rope to Jumping Jacks
- **Level Two:**
  - Keep the circuit as is.
- **Level Three:**
  - Scale up Push Ups with reps or weighted vest.
  - Scale up Jump Rope with Double Unders.