

LUFFY WORKOUT ROUTINE



Bonus PDF File
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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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LUFFY WORKOUT ROUTINE

Training Volume:

4+ days per week

Explanation:

We're going to be working with 4 days of strength training a week that will not only be for strength, but also for speed. We'll start each of those days with endurance training and finish them with a blowout that will be for muscle endurance AND agility style intensity training. I will also be adding in extra resources for things like mixed martial arts, running and other things you may want to add into your training.

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.

Luffy Workout: Sample Workout Schedule

Monday: Bench Press, Chest and Triceps

Tuesday: Squats, Legs and Calves

Wednesday: Add-On Programming or Rest Day

Thursday: Overhead Press, Shoulders and Traps

Friday: Deadlifts, Back and Biceps

Saturday: Add-On Programming or Rest Day

Sunday: Add-On Programming or Rest Day

Luffy Workout: Bench Press, Chest and Triceps

Warm Up:

Walk 5-10 Minutes

Endurance Work:

Run, Row or Swim 30 Minutes

Compound Lift:

Bench Press

4×12,10,8,5

Accessory Work:

Close Grip Bench

3×10

Incline Dumbbell Bench

3×10

Skull Crushers w/ EZ Bar

3×10

Hex Press

3×10

Intensity Blowout:

3 Rounds for Time:

10 Kettlebell Swings

20 Box Jumps

25 Push Ups

20 Double Unders

10 Pull Ups

Luffy Workout: Squats, Legs and Calves

Warm Up:

Walk 5-10 Minutes

Endurance Work:

Run, Row or Swim 30 Minutes

Compound Lift:

Back Squat

4×12,10,8,5

Accessory Work:

Seated Calf Raises

3×10

Leg Press

3×10

Glute Bridges with Barbell

3×10

Cable Pullthroughs

3×10

Intensity Blowout:

2 Rounds for Time:

50 Jump Ropes

40 Banded Thrusters

30 Second Plank

20 Sit Ups

10 Burpees

Luffy Workout: Overhead Press, Shoulders and Traps

Warm Up:

Walk 5-10 Minutes

Endurance Work:

Run, Row or Swim 30 Minutes

Compound Lift:

Overhead Press

4×12,10,8,5

Accessory Work:

Light Seated Arnold Press

3×10

Barbell Shrugs

3×10

Hang Cleans w/ Barbell

3×10

Straight Shoulder Raise with Cables

3×10

Intensity Blowout:

3 Rounds for Time:

25 Kettlebell Swings

20 Dips

15 Jumping Jacks

10 Pull Ups

Luffy Workout: Deadlift, Back and Biceps

Warm Up:

Walk 5-10 Minutes

Endurance Work:

Run, Row or Swim 30 Minutes

Compound Lift:

Deadlift

4×12,10,8,5

Accessory Work:

Barbell Bent Over Rows

3×10

Preacher Curls

3×10

Lateral Pulldowns

3×10

Alternating Dumbbell Curls

3×10

Intensity Blowout:

3 Rounds for Time:

30 Double Unders

20 Push Ups

10 Chin Ups

Luffy Workout: Add-on Programming (Parkour, Mixed Martial Arts, Endurance and Speed Work)

Parkour Training:

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

Mixed Martial Arts Resources:

- [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](#)

Endurance Work:

Beginner: 1-3 Mile Run

Intermediate: 3-5 Mile Run

Advanced: 5+ Mile Run

OR

- [Constance Wu Workout Routine and Diet Plan](#)
- [Ewan McGregor Workout Routine and Diet Plan](#)
- [Kid Flash Workout Routine and Diet Plan](#)
- [Grant Gustin Workout Routine and Diet Plan](#)

Speed Work:

- [The Kid Flash Workout Routine Speed Routine](#)