

# TOPH BEIFONG 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.

# TOPH BEIFONG WORKOUT ROUTINE

## Training Volume:

3-5 days per week

## Explanation:

We're going to be utilizing a PPL (Push, Pull, Legs) split that has some minor weight work, calisthenics, and cardio training. The other 2 days per week will be set up similar to Zuko's training and allow you to train in different variable styles for areas you need to progress through such as: Freerunning/Parkour, Endurance Work, Mixed Martial Arts, and Speed 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.

## Toph Biefong Workout: Sample Workout Schedule

**Monday:** Push Day Training

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

**Wednesday:** Pull Day Training

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

**Friday:** Leg Day Training

**Saturday:** Optional Rest Day OR Add-on Programming

**Sunday:** Optional Rest Day OR Add-on Programming

## **Toph Biefong Workout: Push Day Training**

### **Warm Up:**

800m Jog

2×50 Jumping Jacks

2×50 Butt Kickers

2×50 High Knees

### **Workout:**

Push Ups

3×25

Tricep Cable Kickbacks

3×10 each arm

Machine Press

3×10

Light Seated DB Arnold Press

3×10

Kettlebell Swings

3×10

**Core:**

Cable Crunches

3×20

Side Plank

3×30 each side

Hanging Knee Raises

3×20

## **Toph Biefong Workout: Pull Day Training**

**Warm Up:**

800m Jog

2×50 Jumping Jacks

2×50 Butt Kickers

2×50 High Knees

**Workout:**

Chin Ups

3×10

Wide Push Ups

3×10

Bent Over Rows with DBs

3×10

Standing Alternating DB Curls

3×10

Machine Pulldowns

3×10

**Core:**

Sit Ups

3×20

Hollow Hold

3×30

Flutter Kicks

3×50

## **Toph Biefong Workout: Leg Day Training**

### **Warm Up:**

800m Jog

2×50 Jumping Jacks

2×50 Butt Kickers

2×50 High Knees

### **Workout:**

Jumping Lunges

3×20 [total]

Box Jumps

3×10

Goblet Squats w/ KB

3×10

Jump Rope

3×100

Leg Press

3×10

**Core:**

Bicycle Crunches

3×50

Russian Twist

3×20

Hanging Leg Raises

3×10

## **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](#)