

# ZORO

# 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.

# ZORO WORKOUT ROUTINE

## Training Volume:

5+ days per week

## Explanation:

We're going to be training 3 days a week with a bodybuilding style training protocol that is made up of traditional pyramid training and straight sets (more on this below) within our Push, Pull, Legs Split; in conjunction with mixed martial arts, parkour and meditation training 2-3 days a week as well.

## Traditional Pyramid Training and Straight Sets:

More information on TPT can be found here. Any movements that follow a rep scheme that becomes lower as you progress through your sets (like 12,10,8; or 12, 8, 6, 3) should follow TPT. Any workouts that are shown to follow the same rep scheme each set (like 3×10 or 4×10) should follow straight sets (which indicate you can utilize the same weight each set).

## 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.

## Zoro Workout: Sample Workout Schedule

**Monday:** Push Day

**Tuesday:** Mixed Martial Arts, Meditation and Parkour

**Wednesday:** Pull Day

**Thursday:** Mixed Martial Arts, Meditation and Parkour

**Friday:** Leg Day

**Saturday:** Mixed Martial Arts, Meditation and Parkour (Or Rest)

**Sunday:** Rest If No Rest Day Taken

## **Zoro Workout: Push Day**

### **Warm Up:**

1600m Run, Swim or Row

### **Workout:**

Bench Press

4×12,10,8,6

Kettlebell Swings

4×10

Incline Dumbbell Bench Press

3×10

Arnold Press

3×12,10,8

Tricep Cable Kickbacks

3×10 each arm

Dips

3×10

**Cooldown:**

Meditate and Stretch 5-15 Minutes

## **Zoro Workout: Mixed Martial Arts, Parkour and Meditation**

**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](#)

**Meditation:**

- [Yoda Workout Routine](#)

## **Zoro Workout: Pull Day**

### **Warm Up:**

1600m Run, Swim or Row

### **Workout:**

Deadlift

4×12,10,8,6

Dumbbell Bent Over Rows

4×10 each arm

Standing EZ Bar Curls

3×10

Lateral Pulldowns (Wide Grip)

3×12,10,8

Alternating DB Hammer Curls

3×10 each arm

Chin Ups or Wide Grip Pulls (Alternate Each Week)

3×10

### **Cooldown:**

Meditate and Stretch 5-15 Minutes

## **Zoro Workout: Mixed Martial Arts, Parkour and Meditation**

### **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](#)

### **Meditation:**

- [Yoda Workout Routine](#)

## **Zoro Workout: Leg Day**

### **Warm Up:**

1600m Run, Swim or Row

**Workout:**

Back Squats

4×12,10,8,6

Leg Press

4×10

Box Jumps

3×10

Barbell Lunges

3×12,10,8

Standing Calf Raises with Barbell on Back

3×10

Straight Leg Dip Machine Leg Pushdown

3×10 each leg

**Cooldown:**

Meditate and Stretch 5-15 Minutes