

ZUKO

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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ZUKO

WORKOUT ROUTINE

Training Volume:

5+ days per week

Explanation:

As I said, Zuko trains extremely high volume, so we're going to give you the option to train high volume as well by making it very easy to add in different portions of this training (depending on what you specifically need to work on). You'll have options to add in endurance work, speed work, mixed martial arts, and even freerunning. That will be combined with your 3+ day per week calisthenics training (more calisthenics and training will be added in the other days depending on which add-ons you choose to work with).

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.

Zuko Workout: Sample Workout Schedule

Monday: Calisthenics Training A

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

Wednesday: Calisthenics Training B

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

Friday: Calisthenics Training C

Saturday: Optional Rest Day OR Add-on Programming

Sunday: Optional Rest Day OR Add-on Programming

Zuko Workout: Calisthenics Training A

Warm Up:

1 Mile Jog

Calisthenics Warm Up Work:

Push Ups:

3×25

Air Squats

3×20

Dips

3×15

Pull Ups

3×10

Calisthenics Circuit A:

3 Rounds for Time:

5 Burpees

10 Mountain Climbers

15 Thrusters

10 Pike Push Ups

5 Double Unders

Core Blast Finale:

3 Round Giant Set:

30 Lying Leg Raises

30 Sit Ups w/ Twist

Zuko Workout: Calisthenics Training B

Warm Up:

1 Mile Jog

Calisthenics Workout:

Handstand Push Ups

3×10

L-Sit Hold

3×30 seconds

Wall Sit

3×60 seconds

Hollow Hold

3×30 seconds

Second Forearm Plank

3×60 Seconds

Calisthenics Circuit B:

3 Rounds: 21-15-9 (Reps per round)

Double Unders

Clap Push Ups

Jump Squats

Core Blast Finale:

3 Round Giant Set:

20 Knee Raises w/ Twist

20 Side to Side Crunches

20 Russian Twists

20 Mountain Climbers

20 Second Plank

Zuko Workout: Calisthenics Training C

Warm Up:

1 Mile Jog

Calisthenics Circuit C:

5 Rounds for Time

5 Push Ups

30 Jumping Jacks

5 Clap Push Ups

30 Second L-Sit

5 Wide Push Ups

30 Second Jumping Jacks

5 Close Push Ups

30 Second Superman Hold

5 Decline Push Ups

30 Second Jumping Jacks

5 Push Ups

Core Blast Finale:

3 Round Giant Set:

20 Knee Raises w/ Twist

20 Side to Side Crunches

20 Russian Twists

20 Mountain Climbers

20 Second Plank

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](#)