

AMON 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.

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.

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AMON WORKOUT ROUTINE

Training Volume:

5 days per week

Explanation:

For Amon's training you're going to be training 5 days a week with mixed martial arts scheduling and then you're going to include 1-2 active rest days that can involve extra training, outside activity, or pure rest if needed.

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.

Amon Workout: Sample Workout Schedule

Monday: Amon's Mixed Martial Arts Schedule

Tuesday: Amon's Mixed Martial Arts Schedule

Wednesday: Active Rest Day or Pure Rest

Thursday: Amon's Mixed Martial Arts Schedule

Friday: Amon's Mixed Martial Arts Schedule

Saturday: Amon's Mixed Martial Arts Schedule

Sunday: Rest Day

Amon Workout: Mixed Martial Arts Daily Routine/Schedule

For Amon's mixed martial arts training we're going to structure it similar to the mixed martial arts schedule we saw utilized by [Jonny Lee Miller](#) recently.

It'll obviously be a bit different and it'll be broken down each step of the way, but it will also run through different segments of training for you, which is where the similarities come from.

Let's start with jumping rope....

WARM UP: JUMP ROPE

Beginner:

- 1 minute of jumping rope
- 1-minute rest
- Repeat five times

Intermediate:

- 3 minutes jumping rope
- 1-minute rest
- Repeat five times

Advanced:

- 5 minutes jumping rope
- 1-minute rest

- Repeat five times

WORKOUT A: SHADOWBOXING

- 5 minutes shadowboxing at a fast pace
- 1-minute rest
- Repeat up to three times

WORKOUT B: HEAVY BAG WORK

- 5-minute punching round, fast pace and high volume
- 1-minute rest (active or passive)
- 5-minute kicking round, fast pace and high volume
- 1-minute rest (active or passive)
- 5-minute kicking and punching round, fast pace and high volume
- 2-3 minutes rest and water break

WORKOUT C: HIGH INTENSITY BURNOUT

- 30 seconds punches as fast and hard as you can
- 30 seconds rest (or your partner performs his work interval)
- 30 seconds kicks as fast and hard as you can
- 30 seconds rest (or your partner performs his work interval)
- 30 seconds punches as fast and hard as you can
- 30 seconds rest (or your partner performs his work interval)
- 30 seconds kicks as fast and hard as you can
- 30 seconds rest (or your partner performs his work interval)
- 30 seconds punches as fast and hard as you can
- 30 seconds rest (or your partner performs his work interval)

WORKOUT D: BASIC CORE AND CALISTHENICS BONUS

Push Ups

3×25-50

Sit Ups

3×20-40

Dips

3×10-30

Lying Leg Raises

3×20-40

Amon Workout: Mixed Martial Arts Alternative Resources

If you don't like this above schedule we also have a ton of other options for you to get into Amon style training!

Choose from MMA, Parkour or even Endurance-based training below.

Mixed Martial Arts Training 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](#)

Parkour Training Resources:

- [The Nightrunner Parkour Workout Routine](#)

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

Endurance/Running Training Resources:

- [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](#)