

BALDUR GOD OF WAR 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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BALDUR GOD OF WAR WORKOUT ROUTINE

Training Volume:

5+ days per week

Explanation:

We are training to be a god. The son of Odin. For that reason we'll be training A LOT. We're going to be working with a typical 4 day strength training split and then throwing in extra speed, agility, and endurance work in on top (some of which will come in the form of Parkour and Mixed Martial Arts 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.

Baldur Workout: Sample Workout Schedule

Monday: Bench Press, Chest, Triceps and Parkour

Tuesday: Deadlifts, Back, Biceps and Mixed Martial Arts

Wednesday: Long Distance Endurance Work

Thursday: Overhead Press, Shoulders, Traps and Parkour

Friday: Squats, Legs, Calves and Mixed Martial Arts

Saturday: Rest Day and Or Speed Training

Sunday: Rest Day If None Is Taken

Baldur Workout: Bench Press, Chest, Triceps and Parkour

Warm Up:

5-10 Minute Incline Walk

Compound:

Bench Press

Warm Up with 3 Light Sets Getting Progressively Closer To Your Max Weight

5×5 at 80+%

Accessory Work:

TriSet A:

A. Tricep Cable Overhead Extension with Rope

3×10

B. Tricep Cable Pushdowns with Rope

3×10

C. Tricep Cable Kickbacks

3×10 each arm

TriSet B:

A. Incline Dumbbell Bench Press

3×10

B. Incline Dumbbell Hex Press

3×10

C. Incline Dumbbell Chest Flyes

3×10 each arm

Finisher Circuit:

3 Rounds for Time

20 Dips

15 Close Grip Push Ups

10 Plank To Push Ups

Parkour Training:

Your Parkour Training does not have to come at the same exact time as your weight training. Utilize the resources shared below and fit in some extra Parkour training into your programming.

Baldur Workout: Deadlift, Back, Biceps and Mixed Martial Arts

Warm Up:

5-10 Minute Incline Walk

Compound:

Deadlift

Warm Up with 3 Light Sets Getting Progressively Closer To Your Max Weight

5×5 at 80+%

Accessory Work:

TriSet A:

A. Wide Lateral Pulldowns

3×10

B. Straight Arm Cable Pushdowns

3×10

C. Single Arm Hammer Strength Rows

3×10 each arm

TriSet B:

A. Standing EZ Bar Curls

3×10

B. Seated Preacher Curls

3×10

C. Standing Alternating Hammer Curls

3×10 each arm

Finisher Circuit:

3 Rounds for Time

20 Push Ups

15 Chin Ups

10 Single Arm Kettlebell Deadlifts

Mixed Martial Arts Training:

Your MMA Training does not have to come at the same exact time as your weight training. Utilize the resources shared below and fit in some extra MMA training into your programming.

Baldur Workout: Long Distance Endurance Work

For your endurance work you'll be either running or working your way up to a run.

I don't think they supply Baldur with any Ellipticals or Bikes up in Valhalla, so the only alternative would be to row!

Here's how you can format it based on your overall fitness level:

Beginner: 1-3 miles

Intermediate: 3-5 miles

Advanced: 5+ miles

And, if you need any help preparing for this, you can also take it slow by using some of our Couch to 5K (or 10K) programming!

Here's some Celeb and Character programs that revolve around endurance work:

- [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](#)

Baldur Workout: Overhead Press, Shoulders, Traps and Parkour

Warm Up:

5-10 Minute Incline Walk

Compound:

Overhead Press

Warm Up with 3 Light Sets Getting Progressively Closer To Your Max Weight

5×5 at 80+%

Accessory Work:

TriSet A:

A. Barbell Shrugs

3×10

B. Barbell Hang Cleans

3×10

C. Wide Grip Shrugs with Weighted Plates

3×10

TriSet B:

A. Seated Arnold Press

3×10

B. Seated Alternating DB Shoulder Front Raises

3×10 each arm

C. Standing DB Shoulder Flyes

3×10

Finisher Circuit:

3 Rounds for Time

20 Kettlebell Swings

15 Single Arm DB Snatches (each arm)

10 Burpees

Parkour Training:

Your Parkour Training does not have to come at the same exact time as your weight training. Utilize the resources shared below and fit in some extra Parkour training into your programming.

Baldur Workout: Squats, Legs, Calves and Mixed Martial Arts

Warm Up:

5-10 Minute Incline Walk

Compound:

Back Squats

Warm Up with 3 Light Sets Getting Progressively Closer To Your Max Weight

5×5 at 80+%

Accessory Work:

TriSet A:

A. Leg Press

3×10

B. Calf Raises on Leg Press

3×10

C. Standing Calf Raises Holding Weighted Plates

3×10

TriSet B:

A. Weighted Lunges

3×10 each leg

B. Cable Pullthroughs

3×10

C. Goblet Squats with DB or KB

3×10

Finisher Circuit:

3 Rounds for Time

20 Box Jumps

15 Straight Leg Deadlift w/ KB

10 Pistol Squats (total)

Mixed Martial Arts Training:

Your MMA Training does not have to come at the same exact time as your weight training. Utilize the resources shared below and fit in some extra MMA training into your programming.

Baldur Workout: Parkour and Mixed Martial Arts Resources

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](#)

Parkour Training Resources:

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