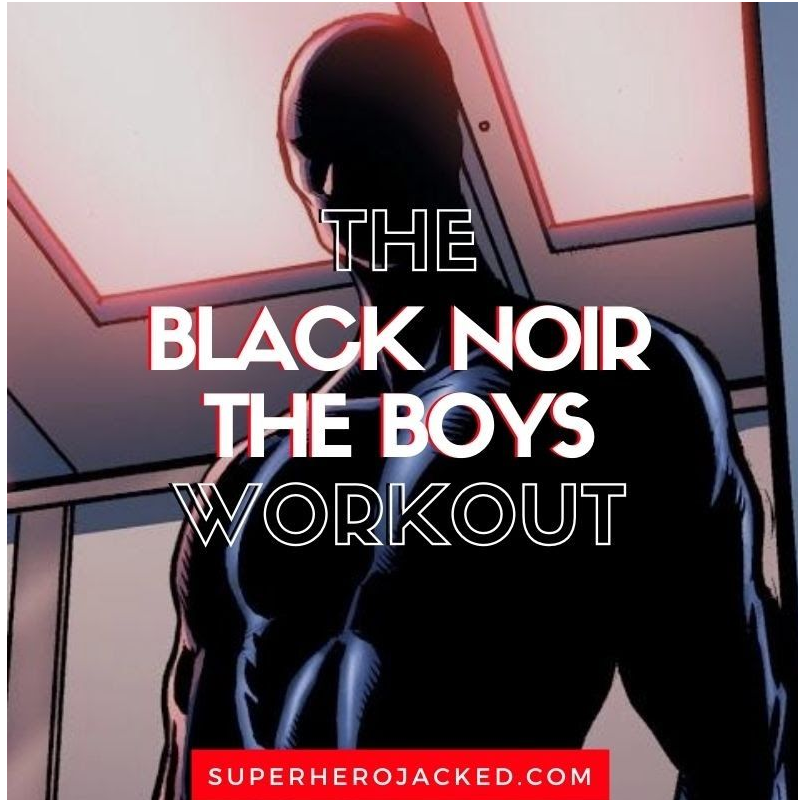


BLACK NOIR WORKOUT ROUTINE



Bonus PDF File
By: Mike Romaine

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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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BLACK NOIR WORKOUT ROUTINE

Training Volume:

5+ days per week

Explanation:

For this one we're going to be working around a 5 day split that involves weight training 3 days and then circuit training 2 days per week. You'll also be required to add in extra endurance training, mixed martial arts and/or parkour as additional work depending on the proficiency you'd like to improve.

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.

Black Noir Workout: Sample Workout Schedule

Monday: Push Day and Finisher

Tuesday: Black Noir Circuit A

Wednesday: Pull Day and Finisher

Thursday: Black Noir Circuit B

Friday: Leg Day and Finisher

Saturday: Active Rest Day or Endurance Training or Parkour

Sunday: Rest Day

Black Noir Workout: Push Day and Finisher

Warm Up:

Walk 400m

Jog 800m

Walk 400m

Workout:

Incline Dumbbell Bench Press

4×12

Seated Arnold Press

4×12

Reverse Grip Cable Pushdowns

4×12

Weighted Dips

4×8

Finisher Circuit:

Complete 3 Rounds; Rest 1-2 Min Between If Needed

15 Kettlebell Swings

10 Push Ups

5 Standing Incline Dumbbell Flyes

Black Noir Workout: Noir Circuit A

Complete 4 Rounds for Time:

Run 400m

25 Push Ups

20 Air Squats

15 Dips

10 Pull Ups

5 Jumping Lunges Each Leg

Black Noir Workout: Pull Day and Finisher

Warm Up:

Walk 400m

Jog 800m

Walk 400m

Workout:

Barbell Deadlift

4x12

Preacher Curls

4x12

Wide Grip Cable Rows

4x12

Weighted Chin Ups

4x8

Finisher Circuit:

Complete 3 Rounds; Rest 1-2 Min Between If Needed

15 Wide to Close Push Ups

10 Close Grip Cable Rows

5 Wide Grip Pull Ups

Black Noir Workout: Noir Circuit B

Complete 5 Rounds for Time:

25 Double Unders

20 Kettlebell Swings

15 Goblet Squats

10 Clean and Press

5 KB Deadlifts

Black Noir Workout: Push Day and Finisher

Warm Up:

Walk 400m

Jog 800m

Walk 400m

Workout:

Front Squats

4×12

Leg Press

4×12

Hamstring Curls

4×12

Weighted Lunges

4×8 each leg

Finisher Circuit:

Complete 3 Rounds; Rest 1-2 Min Between If Needed

15 Box Jumps

10 Pistol Squats

5 Glute Bridges

Black Noir Workout: Parkour, MMA and Endurance Resources

Thankfully for us, we already have some awesome resources for both parkour and endurance training right here on the site.

You can utilize these if you're looking to step your Block Noir training up a notch:

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 Training Celeb + Character Programs:

- [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](#)