

# SUPERMAN NEW EARTH 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.

# SUPERMAN NEW EARTH WORKOUT ROUTINE

## Training Volume:

6 days per week

## Explanation:

We're training like Superman. In our last Superman iteration we utilized strength training combined with circuit style training in order to get a well rounded routine, but in this case we'll actually be splitting them up a bit more. We're going to train for strength and then add in endurance and agility on top with running/cardio and recommended agility work.

## 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.

## Superman Workout [New Earth Version]: Sample Workout Schedule

**Monday:** Chest and Endurance Work

**Tuesday:** Arms and Endurance Work

**Wednesday:** Legs and Endurance Work

**Thursday:** Shoulders and Endurance Work

**Friday:** Back and Endurance Work

**Saturday:** Agility Work

**Sunday:** Rest Day

## **Superman Workout: Chest and Endurance Work**

### **Warm Up:**

400-800m Jog

### **Main Lift:**

Bench Press

2×12, 10 Warm Up Sets

3×5, 8, 10 Working Sets

### **Accessory Work:**

Cable Chest Flyes

3×10

Incline Bench Press

4×12,10,8, 6

Weighted Dips

4×8

Hammer Strength Decline Press

3×12

**Cardio Work:**

Run 2-3 Miles

(Scale to Walk-Run Intervals)

**Superman Workout: Arms and Endurance Work**

**Warm Up:**

400-800m Jog

**Main Lift(s):**

Preacher Curls

4×12, 10, 8, 6

Seated Overhead Tricep Extension

4×12, 10, 8, 6

**Accessory Work:**

Reverse Grip Tricep Cable Pushdowns

3×12

Standing Alternating Dumbbell Curls

4×10 each arm

Dumbbell Skull Crushers

3×10

**Cardio Work:**

Bike 5-10 Miles

**Superman Workout: Legs and Endurance Work**

**Warm Up:**

400-800m Jog

**Main Lift:**

Back Squats

2×12, 10 Warm Up Sets

3×5, 8, 10 Working Sets

**Accessory Work:**

Leg Press

3×10

Leg Press

4×12,10,8, 6

Bulgarian Split Squats

4×8 each leg

Cable Pullthroughs

3×12

**Cardio Work:**

Row 1600-3200 Meters

**Superman Workout: Shoulders and Endurance Work**

**Warm Up:**

400-800m Jog

**Main Lift:**

Overhead Press

2×12, 10 Warm Up Sets

3×5, 8, 10 Working Sets

**Accessory Work:**

Seated Straight Arm Front Raises

3×10

Power Cleans

4×12,10,8, 6

Barbell Shrugs

4×8

Kettlebell Swings

3×12

**Cardio Work:**

Swim 800-1200m

**Superman Workout: Back and Endurance Work**

**Warm Up:**

400-800m Jog

**Main Lift:**

Deadlift

2×12, 10 Warm Up Sets

3×5, 8, 10 Working Sets

**Accessory Work:**

Wide Grip Cable Rows



3×10

Close Grip Cable Pulldowns

4×12,10,8, 6

Wide Grip Pull Ups

4×8

Hammer Strength Single Arm Pulls

3×12

### **Cardio Work:**

Run 2-3 Miles

(Scale to Walk-Run Intervals)

## **Superman Workout: Agility Workout**

**Being that we want to be fast enough to be compared to The Flash, or potentially even race him, it seems only right we take a page out of his book and train like him.**

*Here's an agility workout right from [Kid Flash's Workout Routine](#):*

- **Hill Sprints**

- **Beginner:** Complete 3-5 reps. "Remember, this is pure explosiveness, so it should be difficult," Bradshaw says. You can always increase the time for fewer reps, too. Completely recover between reps. Take about 3-5 minutes in between.

- **Advanced:** Complete 5-6 reps, taking 3-5 minutes rest in between each rep
- **Interval Runs**
  - **Beginner:**
    - run **50 meters**
    - walk/jog 50 meters
    - run **100 meters**
    - walk/jog 50 meters
    - run **150 meters**
    - walk/jog 50 meters
    - run **200 meters**
    - walk/jog 50 meters
    - run **250 meters**
    - walk/jog 50 meters
  - **Advanced:** Complete the same workout above, only go “up and down” the ladder. Once you run 250 meters, work your way back down (200m, 150m, 100m, 50m).
- **Fartleks (Swedish for “speed play”) – 15 minute workout:**
  - **Beginner:– 1-minute run**
    - 1-min walk/jog
    - **2-minute run**
    - 2-minute walk/jog
    - **3-minute run**
    - 2-minute walk/jog
    - **4-minute run**
    - 3-minute walk/jog
    - **5-minute run**
    - 3-minute walk/jog
  - **Advanced:** Follow the same workout pattern above—1 minute, 2 minutes, 3 minutes, 4 minutes, and 5 minutes—only with a 2-minute jog for active recovery between each. Once you’ve reached 5 minutes and completed the 2-minute recovery, go back down the ladder and complete 5 minutes, 4 minutes, 3 minutes, 2 minutes, 1 minute.
- **Sprints – Short and Long**
  - **How to do a long-sprint workout:** For long sprints that’ll tap into your speed endurance, do 2-3 sessions per week.

- **Beginner:** Complete 6-8 sprints of 100 meters at 75%-80% effort. ("This means you can utter a few words, but can't maintain a conversation," Bradshaw says.) Recover for 50-60 seconds between reps.
- **Advanced:** Complete 8-10 sprints of 100 meters at 80-85% effort. At this intensity, you're pushing very hard, but not going as fast/hard as you can. Recover for 45 seconds in between reps.
- **How to do a long-sprint workout:** For long sprints that'll tap into your speed endurance, do 2-3 sessions per week.
  - **Beginner:** Complete 3 sprints of 300 meters at 75% effort. Recover for 3 minutes between sprints.
  - **Advanced:** Do two sets, each 3 sprints of 300 meters at 75% effort. Recover for 2-3 minutes between sprints, and 5 minutes between sets.