

TENZIN

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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TENZIN WORKOUT ROUTINE

Training Volume:

5+ days per week

Explanation:

I'm going to be giving you three days of base calisthenics and endurance training, resources for mixed martial arts and parkour for another 2-3 days of training, and some resources for meditation and yoga as well.

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.

Tenzin Workout: Sample Workout Schedule

Monday: Calisthenics, Endurance and Yoga Variation A

Tuesday: Parkour, MMA, Yoga or More Endurance Work

Wednesday: Calisthenics, Endurance and Yoga Variation B

Thursday: Parkour, MMA, Yoga or More Endurance Work

Friday: Calisthenics, Endurance and Yoga Variation C

Saturday: Active Rest Day or Full Rest if Needed (Parkour, MMA, Yoga or More Endurance Work)

Sunday: Rest Day

Tenzin Workout: Calisthenics, Endurance and Yoga

Training Variation A:

The training will stay the same 3 times per week, but the endurance training will switch.

Warm Up:

Jumping Jacks

2×25

Butt Kickers

2×25

High Knees

2×25

Endurance Training:

Run 3-5 Miles

If you need extra help working your way up to longer runs, check out these running based 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](#)

Calisthenics Training:

These can be completed in normal sets (Ex: 4x25) or as supersets, circuits or even spread out throughout the day.

Push Ups: 100

Air Squats: 100

Dips: 75

Sit Ups: 75

Lying Leg Raises: 75

Pull Ups: 50

Lunges: 50

Yoga Cool-down:

I sometimes use yoga as a warm up and sometimes I use it as a cool-down.

This can be entirely up to you.

Here are some YouTube channels I recommend:

- [Yoga with Tim](#)
- [Boho Beautiful](#)

- [Yoga with Adriene](#)

Training Variation B:

Endurance Training: Complete 5 Rounds

- 30 Jump Ropes
- 20 Air Squats
- 30 Jump Ropes
- 20 Plank Shoulder Taps
- 30 Jump Ropes
- 20 Plank to Push Ups
- 30 Jump Ropes
- 20 Sit Ups

Training Variation C:

Endurance Training: 5-10 Mile Weighted Hike

If you can't get outdoors and go hiking then try to do some other variation of long distance cardio.

This can even be varied from biking, walking, running, rowing, or hopping on the Elliptical, StairMaster or Rower!

Tenzin Workout: MMA and Parkour Resources and Explanation

On Parkour/MMA training days you can choose to implement any additional training from these resources, OR you can utilize some of the resources I've already shared about by adding in more endurance work or even taking advantage of a longer yoga video.

That being said, there are plenty of additional training options to choose from.

Parkour Training Resources:

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

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](#)