

# THE LAST OF US WORKOUT ROUTINE



Bonus PDF File  
By: Mike Romaine

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# THE LAST OF US WORKOUT ROUTINE

## Training Volume:

5-7 days per week

## Explanation:

Joel and Ellie don't get a break. They're in constant threat. For that reason I wrote "5-7 days per week" keeping in mind that our step counts (which will be part of our programming) will also be included in that count, and likely make up that extra 2 days of training. That being said, we will also be training 2-3 days of calisthenics and parkour, and another 2-3 days of endurance, interval training and endurance work. The choice of which you want to do 2 days and which you want to do 3 days is completely up to you.

## 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.

## The Last Of Us Workout: Sample Workout Schedule

**Monday:** Calisthenics and Parkour Training with 5-10K Steps

**Tuesday:** Endurance Work: Running

**Wednesday:** Calisthenics and HIIT Training

**Thursday:** Endurance Work: Weighted Walk/Hike

**Friday:** Calisthenics and Sprints

**Saturday:** Rest Day and 10K Steps

**Sunday:** Rest Day and 10K Steps

## **The Last Of Us Workout: Calisthenics and Parkour Training with 5-10K Steps**

### **Warm Up:**

Walk/Jog 400m

### **Calisthenics Workout:**

Push Ups

4x25

Air Squats

4x20

Chair Dips

4x15

Sit Ups

4x10

Pull Ups/Pike Push Ups

4x5

### **Parkour Resources:**

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

### **Daily Steps Explanation:**

Every day should involve getting in 5-10K steps, unless you are specific training with a cardio and endurance based training day that will be burning a ton of calories!

## **The Last Of Us Workout: Endurance Work (Running)**

**On your running endurance work days you're going to want to start working your way up to long distance runs.**

*For that reason I would personally shoot for something like this:*

**Beginner:** 1-3 miles

**Intermediate:** 3-5 miles

**Advanced:** 5+ miles

*And if you want some resources to work your way up, we have that as well!*

### **Running 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](#)

## **The Last Of Us Workout: Calisthenics and HIIT**

### **Warm Up:**

Walk/Jog 400m

### **Calisthenics Workout:**

Forearm Planks

3×60 seconds

Mountain Climbers

3×25

Jumping Lunges

3×20

Plank to Push Ups

3×15

Lying Leg Raises with Hip Thrust

3×10

Chin Ups

3×5

### **Jump Rope HIIT:**

*Complete 3 Rounds*

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

## **The Last Of Us Workout: Endurance Work (Weighted Walk/Hike)**

*Time for some weight!*

You'll see that Joel and Ellie are constantly trekking around their backpacks, so it's time to replicate that feeling with our own weighted walk.

**Throw on 20-50 lbs of weight (body armor, bodyweight vest, weighted backpack, etc), and go for a walk/hike!**

Here's how I would structure mine:

**Beginner:** 3-5 miles

**Intermediate:** 5-7 miles

**Advanced:** 7-10+ miles

And, if not obvious, take it slow, do as much as YOU personally can, but don't go overboard.

## **The Last Of Us Workout: Calisthenics and Sprints**

### **Warm Up:**

Walk/Jog 400m

### **Calisthenics Workout:**

Wide to Close Push Ups

3×30

Glute Bridges

3×25

Box Jumps

3×20

Calisthenic Skull Crushers

3×15

Pike Push Ups

3×10



Burpees

3×5

### **Sprints:**

Complete 20-30 Minutes of Interval Sprints

Formatting:

- 90 Seconds OFF: Walk 2-3 MPH
- 30 Seconds ON: Sprint 7-10+ MPH

### **Bonus: Archery Movements and Strength Building**

On top of becoming stronger with calisthenics and parkour necessary training, there are also some movements we can utilize to strengthen specific muscles utilized for archery.

Of course, if you can also get out there and become a pro with a bow and arrow, that's even better.

But, if you're one day planning on it, it's a good idea to incorporate these workouts, as shared with us by *Archery360*:

- Single Arm Dumbbell Rows
- Romanian Deadlift
- Dumbbell Side Raise
- Rowing Machine
- Forearm Planks

As you can tell I've included planks, or variations of them, within our calisthenic circuits on purpose to give you a bit of a head start on the matter.