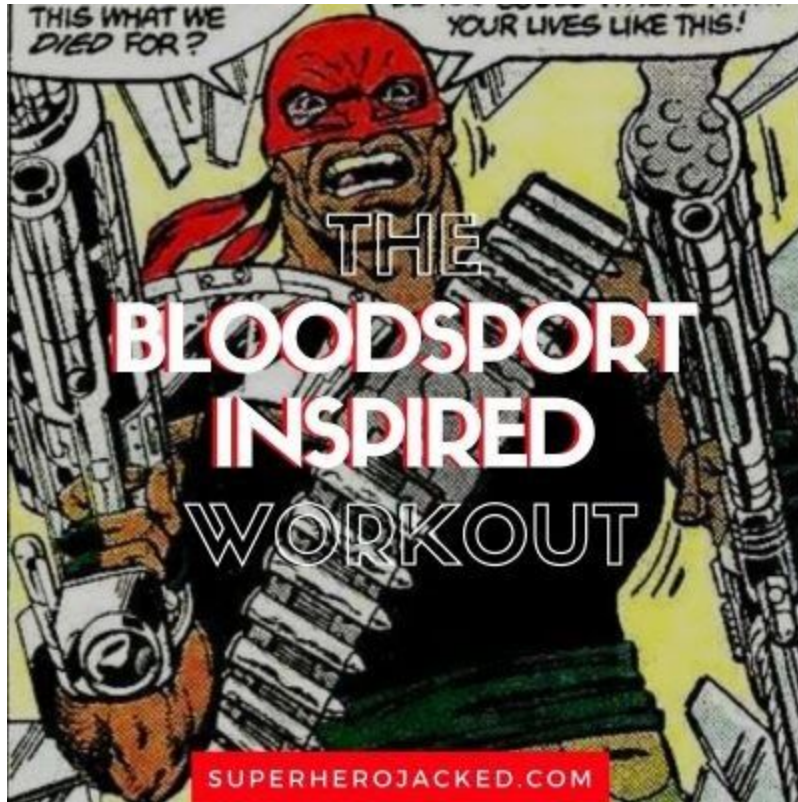


BLOODSPORT WORKOUT ROUTINE



Bonus PDF File
By: Mike Romaine

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BLOODSPORT WORKOUT ROUTINE

Training Volume

5 days a week

Explanation

With Bloodsport being obsessed with the Vietnam War we are going to execute this workout with military-like precision, and focus on basic compound movements and supplement in weighted calisthenics while also improving overall endurance in order to gain a soldier-like strength.

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.

Bloodsport Workout: Sample Workout Schedule

Monday: Deadlift, Pullup, B.O.R (Back)

Tuesday: Bench Press, Pushups, Incline (Chest)

Wednesday: Cardio and Core (Endurance)

Thursday: Squat, Lunges, Good Mornings (Legs)

Friday: Military Press, Pike Push Ups and Seated DB Press (Shoulders)

Saturday: Rest Day OR Mixed Martial Arts

Sunday: Rest Day

Bloodsport Workout Day One: Back Day

Warm Up:

1 Mile Run

30 Burpees

25 Yard Bear Crawl

50 Yard Sprint

Workout:

Deadlift

5X5

Pull ups Wide Grip

5X10

Bent Ove Rows

5X10

Finisher:

3X8 Inverted Row

30 Second Superman Holds

Bloodsport Workout Day Two: Chest Day

Warm Up

.5 Mile Run

45 Burpees

30 Yard Bear Crawl

300 Jump Rope

Workout:

Bench Press

5X5

Pushups

5X20

Incline Dumbbell Press

5X10

Finisher:

Machine Bench Press until Failure or AMRAP 4 sets

Bloodsport Workout Day Three: Cardio and Endurance Training

Warm Up

20 Burpees

30 Walking Hamstring Kicks

30 High Knees

Workout:

30 Minutes of Varied Cardio

Recommendations:

- Ellipticals
- Cycling
- Swimming
- Jogging

Core Work

4x60 second Plank

4X15 Lying Leg Lifts

4X25 Bicycle Crunches

4X15 Crunches

Bloodsport Workout Day Four: Squat, Lunges and Good Mornings

Warm Up:

1 Mile Run

30 Burpees

25 Yard Bear Crawl

50 Yard Sprint

Workout:

Squat

5X5

Walking Lunges

4X12 – Add Weight Each Set Do Not Compromise Form

Good Mornings

3X12 Light Weight Focus On Hamstring Stretch

Finisher Superset:

Bench Step-ups 3X15

100 Air Squats

Bloodsport Workout Day Five: Military Press and Finisher

Warm Up

.5 Mile Run

45 Burpees

30 Yard Bear Crawl

300 Jump Rope

Workout:

Military Press (STANDING)

5X5

Pike Pushups

5X10

Dumbbell Shoulder Press

4X10

Finisher Superset:

Lateral Raises and Front Raise Perform as a Superset

4X12