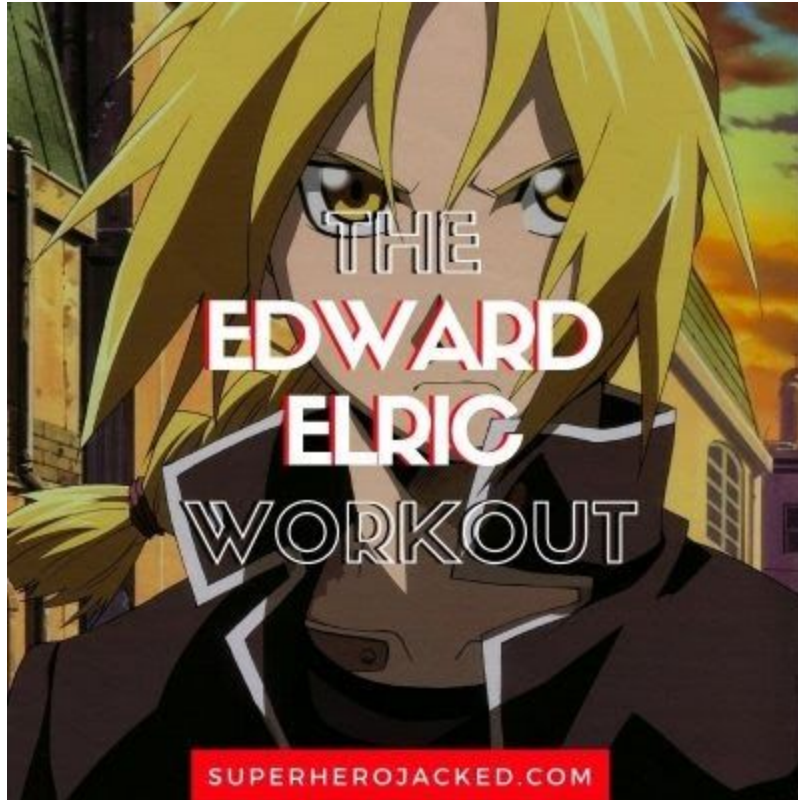


# EDWARD ELRIC WORKOUT ROUTINE



Bonus PDF File  
By: **Mike Romaine**

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# EDWARD ELRIC WORKOUT ROUTINE

## Training Volume:

3-6 days per week

## Explanation:

For this one we're going to be working around three days of weight training combined with our 300 Spartan Workout Routine. I have built different variations of it in the past and I'll be sharing the main Spartan Workout as well as alternative variations for you to swap throughout the week.

## 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.

## Edward Elric Workout Routine: Sample Workout Schedule

**Monday:** Weight Training Day One: Push Workout and Endurance Work

**Tuesday:** Spartan Circuit

**Wednesday:** Weight Training Day Two: Pull Workout and Endurance Work

**Thursday:** Spartan Circuit

**Friday:** Weight Training Day Three: Leg Workout and Endurance Work

**Saturday:** Spartan Circuit

**Sunday:** Rest Day

## **Edward Elric Workout Routine: Push Workout and Endurance Work**

### **Warm Up:**

Walk/Run 800m

### **Workout:**

Incline Dumbbell Bench Press

3×10

Seated Overhead Press

3×10

Skull Crushers (with EZ Bar)

3×10

Dips

3×10

Kettlebell Swings

3×10

**Endurance Work:**

Jog 1-3 Miles

**Edward Elric Workout Routine: Pull Workout and Endurance Work**

**Warm Up:**

Walk/Run 800m

**Workout:**

Bench Over Rows

3×10

Hammer Strength Pulldowns

3×10

Concentration Curls

3×10

Chin Ups

3×10

Kettlebell Deadlifts

3×10

**Endurance Work:**

Row 1600-3200 Meters

**Edward Elric Workout Routine: Leg Workout and Endurance Work**

**Warm Up:**

Walk/Run 800m

**Workout:**

Goblet Squats

3×10

Hamstring Curls

3×10

Quad Extensions

3×10

Weighted Lunges

3×10 each leg

Straight Leg KB Deadlifts

3×10

### **Endurance Work:**

Swim 1000-2000 Meters

## **Edward Elric Workout Routine: The Spartan Workout(s)**

[The Spartan 300 Workout](#) is what transformed Spartan warriors for the movie "300". I also built different variations of it so you can skim through and switch it up while progressing through.

*When you really step it up a notch you can do TWO ROUNDS of each!*

### **The Original 300 Spartan Workout:**

- 25 Pull-Ups
- 50 Deadlifts @135
- 50 Push-Ups
- 50 Box Jumps @24"
- 50 Floor Wipers @135
- 50 Clean and Press @36 each arm
- 25 Pull-Ups

### **Bench Press Variation:**

- 25 Ball Slams @15
- 50 Bench Press @135
- 50 Push-Ups
- 50 Box Jumps
- 50 Floor Wipers @135
- 50 Lunges
- 25 Ball Slams

### **Squat Variation:**

- 25 One-Arm Snatches @36
- 50 Back Squats @135
- 50 Push-Ups
- 50 Double Unders
- 50 Sit-Ups
- 50 Clean and Press
- 25 One-Arm Snatches

### **Press Variation:**

- 25 Wall Balls @15
- 50 Presses @95
- 50 Push-Ups
- 50 Double Unders
- 50 Sit-Ups
- 50 Lunges
- 25 Wall Balls @15