

MEZO SHOJI 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.

MEJO SHOJI WORKOUT ROUTINE

Training Volume:

5 days per week

Explanation:

We might be training for strength, but we're also training to be a hero and pass the Class 1A Entrance Exam! For that reason we'll be devoting three days a week to strength and muscle training and another two days to endurance and HIIT workouts.

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.

Mezo Shoji Workout: Sample Workout Schedule

Monday: Push Day

Tuesday: Endurance and HIIT

Wednesday: Pull Day

Thursday: Endurance and HIIT

Friday: Leg Day

Saturday: Rest Day

Sunday: Rest Day

Mezo Shoji Workout: Push Day

Warm Up:

400m jog

Workout:

Bench Press

4×10

Seated Overhead Press

4×10

Tricep Cable Pushdowns

4×10

Kettlebell Swings

3×10

Incline Chest Flyes

3×10

Dips

3×10

Mezo Shoji Workout: Pull Day

Warm Up:

400m jog

Workout:

Deadlifts

4×10

Preacher Curls

4×10

Seated Close Grip Cable Rows

3×10

Wide Grip Lateral Pulldowns

3×10

Wide Grip Pull Ups

3×10

Bent Over Rows

3×10

Mezo Shoji Workout: Leg Day

Warm Up:

400m jog

Workout:

Back Squat

4×10

Leg Press

4×10

Hamstring Curls

3×10

Barbell Lunges

3×10 each leg

Bulgarian Split Squats

3×10 each leg

Quad Extensions

3×10

Mezo Shoji Workout: Endurance and HIIT Training

For this one I'm actually going to be sharing some of our resources right here on the site.

I even have a new HIIT article to share with you guys as well!

High Intensity Interval Training Resource:

- [The Best HIIT Workouts to Spice Up your Routine\(s\)](#)

Endurance Training (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](#)