

MISS MIDNIGHT WORKOUT ROUTINE



Bonus PDF File
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MISS MIDNIGHT WORKOUT ROUTINE

Training Volume:

5 days per week

Explanation:

For this one I'm going to be building you a routine similar to our male MHA character from this week, Mejo Shoji, but instead of revolving around muscle gains we're going to add in some circuit training within our Push, Pull and Leg Days. The other days will still be revolving around endurance and cardio training being that our goal is to be a MHA hero!

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.

Miss Midnight Workout Routine: Sample Workout Schedule

Monday: Push Day and Circuit A

Tuesday: HIIT Training

Wednesday: Pull Day and Circuit B

Thursday: HIIT Training

Friday: Leg Day and Circuit C

Saturday: Active Rest Day

Sunday: Rest Day

Miss Midnight Workout Routine: Push Day and Circuit A

Warm Up:

800m Jog

Workout:

Incline Dumbbell Bench Press

3×10

Standing Dumbbell Overhead Press

3×10

Standing Tricep Overhead Press

3×10

Circuit A:

A. Kettlebell Swings

3×10

B. Push Ups

3×10

C. Dips

3×10

Miss Midnight Workout Routine: Pull Day and Circuit B

Warm Up:

800m Jog

Workout:

Cable Rows

3×10

Hammer Strength Pulldowns

3×10

Dumbbell Curl to Press

3×10 each arm

Circuit B:

A. Kettlebell Deadlift

3×10

B. Chin Ups

3×10

C. Push Ups

3×10

Miss Midnight Workout Routine: Leg Day and Circuit C

Warm Up:

800m Jog

Workout:

Front Squats

3×10

Leg Press

3×10

Hamstring Curls

3×10

Circuit C:

A. Kettlebell Goblet Squat

3×10

B. Box Jumps

3×10

C. Jumping Lunges

3×10

Miss Midnight 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](#)