

MASTER ROSHI 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.

MASTER ROSHI WORKOUT ROUTINE

Training Volume:

5-6 days per week

Explanation:

For this one we're going to be doing a mixture of three days a week using a basic PPL split and then another 2-3 days per week using calisthenics work and mixed martial arts (I'll give you some resources for MMA and HIIT alternatives towards the end).

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.

Master Roshi Workout Routine: Sample Workout Schedule

Monday: Push Day and Endurance

Tuesday: Calisthenics, MMA and HIIT

Wednesday: Pull Day and Endurance

Thursday: Calisthenics, MMA and HIIT

Friday: Leg Day and Endurance

Saturday: Active Rest or more MMA

Sunday: Rest Day

Master Roshi Workout Routine: Push Day and Endurance

Endurance can be completed before or after your weight training.

Warm Up:

2×50 Jump Rope

2×25 High Knees

2×25 Butt Kickers

Endurance Work:

Jog 1-3 Miles based on Fitness Level

Superset One:

A. Incline DB Bench

3×10

B. Incline DB Flyes

3×10

C. Dips

3×10

Superset Two:

A. Seated Arnold Press

3×10

B. Kettlebell Upright Rows

3×10

C. Kettlebell Swings

3×10

Superset Three:

A. Tricep Overhead Extensions

3×10

B. Close Grip Push Ups

3×10

C. Tricep DB Kickbacks

3×10 each arm

Master Roshi Workout Routine: Pull Day and Endurance

Endurance can be completed before or after your weight training.

Warm Up:

2×50 Jump Rope

2×25 High Knees

2×25 Butt Kickers

Endurance Work:

Jog 1-3 Miles based on Fitness Level

Superset One:

A. Bent Over Barbell Rows

3×10

B. Wide Grip Cable Rows

3×10

C. Wide Push Ups

3×10

Superset Two:

A. Wide Grip Cable Pulldowns

3×10

B. Close Grip Hammer Pulldowns

3×10

C. Wide Grip Pull Ups

3×10

Superset Three:

A. Dumbbell Deadlifts

3×10

B. Push Ups

3xFailure

Master Roshi Workout Routine: Leg Day and Endurance

Endurance can be completed before or after your weight training.

Warm Up:

2×50 Jump Rope

2×25 High Knees

2×25 Butt Kickers

Endurance Work:

Jog 1-3 Miles based on Fitness Level

Superset One:

A. Barbell Squats

3×10

B. Alternating Pistol Squats

3×10 each leg

C. Glute Bridges

3×10

Superset Two:

A. Leg Press

3×10

B. Calf Raises on Leg Press

3×10

C. Standing Calf Raises

3×10

Superset Three:

A. Goblet Squats with KB

3×10

B. Cable Pull-throughs

3×10

C. Air Squats

3×Failure

Master Roshi Workout Routine: Calisthenics, MMA and HIIT Resources

Calisthenics Work:

For your daily calisthenics on your Calisthenics, MMA and HIIT days you'll be completing Level Three of our Ultimate Calisthenics Workout and Guide.

Warm Up:

Wall Climbs:

3×10

L-Sit Hold

5×30 seconds

The Workout:

Workout Total Reps:

(To be performed in Individual Sets, Supersets or as a Circuit with multiple rounds)

Handstand Push-ups: 50

Hanging Leg Raises: 75

Pull Ups: 100

Lunges: 100

Sit Ups: 100

Pistol Squats: 100

Dips: 125

Push Ups: 200

High Intensity Interval Training:

- [The Best HIIT to Step Up Your Workout](#)

Mixed Martial Arts Training Resources:

- [Deathstroke Workout Routine](#)
- [Daredevil Workout Routine](#)
- [Moon Knight Workout Routine](#)
- [Sagat Workout Routine](#)
- [Anna Diop Workout Routine and Diet Plan](#)
- [Frank Grillo Workout Routine and Diet Plan](#)
- [Ryan Potter Workout Routine and Diet Plan](#)