

# BEERUS WORKOUT ROUTINE



Bonus PDF File  
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# BEERUS WORKOUT ROUTINE

## Training Volume:

6 days a week

## Explanation:

Technically we're going to be utilizing a 4 day weightlifting split for our strength portion but then we'll move into HIIT and endurance so the extra two days will still involve variations of that except broken up into longer circuits that have you doing a mix of everything (think of Whis style training)!

## 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.

## Beerus Workout Routine: Sample Workout Schedule

**Monday:** God of Destruction Strength, HIIT and Endurance A

**Tuesday:** God of Destruction Strength, HIIT and Endurance B

**Wednesday:** Whis Circuit Training A

**Thursday:** God of Destruction Strength, HIIT and Endurance C

**Friday:** God of Destruction Strength, HIIT and Endurance D

**Saturday:** Whis Circuit Training B

**Sunday:** Mandatory Rest Day

## **Beerus Workout Routine: God of Destruction Strength, HIIT and Endurance A**

### **Strength:**

Bench Press

5×5

Close Grip Bench

4×12, 10, 8, 5

### **Quad Set Blowout:**

A. Incline Dumbbell Bench

3×10

B. Incline Dumbbell Skull Crushers

3×10

C. Incline Dumbbell Chest Flyes

3×10

D. Standing Overhead Tricep Extension

3×10

### **HIIT Finisher:**

*(Choose One Workout from Either Category and Switch It Up Each Day)*

- [Best HIIT Workouts](#)
- [Jump Rope Workouts \(Circuit/HIIT\)](#)

### **Endurance Training Finale:**

Like Whis training, when you think it's the end...it's not!

Time to run and get your endurance up for the battles you'll need to endure.

Beginner: 1-3 Miles

Intermediate: 3-5 Miles

Advanced: 5+ Miles

## **Beerus Workout Routine: God of Destruction Strength, HIIT and Endurance B**

### **Strength:**

Deadlift

5×5

Preacher Curls

4×12, 10, 8, 5

### **Quad Set Blowout:**

A. Bent Over Dumbbell Rows

3×10 each arm

B. Alternating Dumbbell Curls

3×10

C. Cable or Hammer Strength Pulldowns

3×10

D. Chin Ups

3×Failure

### **HIIT Finisher:**

*(Choose One Workout from Either Category and Switch It Up Each Day)*

- [Best HIIT Workouts](#)
- [Jump Rope Workouts \(Circuit/HIIT\)](#)

### **Endurance Training Finale:**

Like Whis training, when you think it's the end...it's not!

Time to run and get your endurance up for the battles you'll need to endure.

Beginner: 1-3 Miles

Intermediate: 3-5 Miles

Advanced: 5+ Miles

## **Beerus Workout Routine: God of Destruction Strength, HIIT and Endurance C**

### **Strength:**

Overhead Press

5×5

Power Cleans

4×12, 10, 8, 5

### **Quad Set Blowout:**

A. Arnold Press

3×10

B. Seated Shoulder DB Front Raises

3×10

C. Bent Over DB Lateral Raises

3×10

D. Upright Rows with DBs, EZ Bar or Plate

3×10

## **HIIT Finisher:**

*(Choose One Workout from Either Category and Switch It Up Each Day)*

- [Best HIIT Workouts](#)
- [Jump Rope Workouts \(Circuit/HIIT\)](#)

## **Endurance Training Finale:**

Like Whis training, when you think it's the end...it's not!

Time to run and get your endurance up for the battles you'll need to endure.

Beginner: 1-3 Miles

Intermediate: 3-5 Miles

Advanced: 5+ Miles

## **Beerus Workout Routine: God of Destruction Strength, HIIT and Endurance D**

### **Strength:**

Back Squat

5×5

Leg Press

4×12, 10, 8, 5

### **Quad Set Blowout:**



A. Bulgarian Split Squat

3×10 each leg

B. Single Arm Straight Leg KB Deadlift

3×10

C. Cable Pullthroughs

3×10

D. Glute Bridges

3×10

**HIIT Finisher:**

*(Choose One Workout from Either Category and Switch It Up Each Day)*

- [Best HIIT Workouts](#)
- [Jump Rope Workouts \(Circuit/HIIT\)](#)

**Endurance Training Finale:**

Like Whis training, when you think it's the end...it's not!

Time to run and get your endurance up for the battles you'll need to endure.

Beginner: 1-3 Miles

Intermediate: 3-5 Miles

Advanced: 5+ Miles

## **Beerus Workout Routine: Whis Circuit Training A**

### **Warm Up:**

2×25 High Knees

2×25 Jumping Jacks

### **Complete 2 Rounds with 5 Minute Break In Between:**

800m Run

50 Pull Ups

100 Push Ups

150 Air Squats

800m Run

## **Beerus Workout Routine: Whis Circuit Training B**

### **Warm Up:**

2×25 High Knees

2×25 Jumping Jacks

### **Complete 2 Rounds No Break In Between:**

25 Pull Ups

50 Deadlifts @135

50 Push Ups

50 Lying Leg Raises with Hip Thrust

50 Kettlebell Swings @45

50 Box Jumps

25 Pull Ups

## **Beerus Workout Routine: Alternative Training Resources**

### **Parkour Training Resources**

- [The Nightrunner Parkour Workout Routine](#)
- [The Assassin's Creed Parkour Workout Routine](#)
- [The Robbie Amell Parkour Workout Routine](#)

### **MMA Training Resources:**

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

