

TREVOR BELMONT WORKOUT ROUTINE



Bonus PDF File
By: Mike Romaine

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TREVOR BELMONT WORKOUT ROUTINE

Training Volume:

6 days a week

Explanation:

The six days a week of training will be a mix of training with weights and calisthenics, circuit and intensity, and also endurance and mixed martial arts training; so we have a ton to work with. We'll be utilizing 3 days a week of calisthenics and weights, and then 3 days a week of a circuit and endurance training. It's your option how you'd like to add in mixed martial arts and parkour with substitutions and or on top of your regime below.

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.

Trevor Belmont Workout Routine: Sample Workout Schedule

Monday: Weight Training (Push) and Calisthenics

Tuesday: HIIT and Endurance

Wednesday: Weight Training (Pull) and Calisthenics

Thursday: HIIT and Endurance

Friday: Weight Training (Leg) and Calisthenics

Saturday: HIIT and Endurance

Sunday: Mandatory Rest Day

Trevor Belmont Workout Routine: Push and Calisthenics

Warm Up:

5-10 Minute Jog

Workout:

Bench Press (Dumbbells or Barbell)

4x10

Skull Crushers w/ EZ Bar

4x10

Dips

5x10

Push Ups

5x20

Incline Bench Press (Dumbbell)

3×12, 10, 8

Cable Rope Pushdowns

3×12, 10, 8

Trevor Belmont Workout Routine: Pull and Calisthenics

Warm Up:

5-10 Minute Jog

Workout:

Deadlifts (Kettlebell or Barbell)

4×10

Bent Over Rows with Barbell

4×10

Chin Ups

5×10

Wide Push Ups

5×20

Preacher Curls

3×12, 10, 8

Lateral Pulldowns

3×12, 10, 8

Trevor Belmont Workout Routine: Legs and Calisthenics

Warm Up:

5-10 Minute Jog

Workout:

Back Squats

4×10

Leg Press

4×10

Weighted Lunges

5×10 [each]

Box Jumps

5×20 [total]

Hamstring Curls

3×12, 10, 8

Glute Bridges

3×12, 10, 8

Trevor Belmont Workout Routine: HIIT and Endurance

HIGH INTENSITY INTERVAL TRAINING:

For HIIT Training you're going to have a few options. I'm going to share two different resources and you're going to choose to utilize one on each one of your HIIT days. This will allow you to constantly switch up your routine and never get bored.

- [Jump Rope Workouts](#)
- [HIIT Workout Variations](#)

ENDURANCE TRAINING:

For your endurance training the easiest will LIKELY be running/walking on a scale based on your activity level, but you also have the option to sub in rowing, swimming, and even biking.

Rowing and swimming you can scale down the distance for, but biking you should DOUBLE comparatively to the running scale.

Running Scale:

Beginner: 1-3 Miles

Intermediate: 3-5 Miles

Advanced: 5+ Miles

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](#)
- [How To Continue Training After Your First 5K \(Workout Included\)](#)

Trevor Belmont Workout Routine: Optional Parkour and MMA Training

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](#)