

EREN YEAGER WORKOUT ROUTINE



Bonus PDF File
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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.

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EREN YEAGER WORKOUT ROUTINE

Training Volume:

6 days per week

Explanation:

For this one we're going to be training four days a week with weights and martial arts and two days a week will be devoted to endurance training and parkour. I will be providing resources for your endurance, parkour and martial arts at the bottom of your weightlifting schedule.

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.

Eren Yeager Workout Routine: Sample Workout Schedule

Monday: Bench Press, Chest, Triceps and MMA

Tuesday: Deadlifts, Back, Biceps and MMA

Wednesday: Endurance Training and Parkour

Thursday: Overhead Press, Shoulders, Traps and MMA

Friday: Back Squats, Calves, Legs and MMA

Saturday: Endurance Training and Parkour

Sunday: Rest Day

Eren Yeager Workout Routine: Bench Press, Chest, Triceps and MMA

Warm Up:

800m Jog

Workout:

Bench Press

4×10,8,5,3

Incline Dumbbell Press

3×5

Incline Dumbbell Chest Flyes

4×10

Cable Pushdowns

3×12

Skull Crushers

3×10

Dips

4×10

Mixed Martial Arts Training:

Use the resources provided below.

Eren Yeager Workout Routine: Deadlift, Back, Biceps and MMA

Warm Up:

800m Jog

Workout:

Deadlift

4×10,8,5,3

Bent Over Rows

3×5

Alternating Standing Bicep Curls w/ DBs

4×10

Wide Grip Cable Rows

3×12

Preacher Curls

3×10

Chin Ups

4×10

Mixed Martial Arts Training:

Use the resources provided below.

Eren Yeager Workout Routine: Overhead Press, Shoulders, Traps and MMA

Warm Up:

800m Jog

Workout:

Standing Overhead Press

4×10,8,5,3

Power Cleans

3×5

Barbell Shrugs

4×10

Lateral Raises

3×12

Kettlebell Swings

3×10

Front Raises with [Weighted] Plate

4×10

Mixed Martial Arts Training:

Use the resources provided below.

Eren Yeager Workout Routine: Back Squats, Calves, Legs and MMA

Warm Up:

800m Jog

Workout:

Back Squats

4×10,8,5,3

Leg Press

3×5

Seated Calf Raises

4×10

Hamstring Curls

3×12

Close Stance Goblet Squats

3×10

Box Jumps

4×10

Mixed Martial Arts Training:

Use the resources provided below.

Eren Yeager Workout: MMA Training Resources

Utilize some of these MMA training resources below:

- [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](#)

Eren Yeager Workout: Endurance Training and Parkour

For your endurance you have a couple options but the bulk of it will likely be done by running or using some varied cardio [machines].

I like to scale your running based on activity level, but if you'd like to vary it with a bike and/or other machines just scale up accordingly.

Beginner: 1-3 miles

Intermediate: 3-5 miles

Advanced: 5+ miles

And, if you need some help getting started, here are a handful of celeb and character workouts:

- [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 \(Workout Included\)](#)

Alternatively, you can also use HIIT training in the morning, or completely vary your cardio by doing a handful of different options.

- [The Best HIIT to Level Up Any Workout](#)

If you're also going to be adding in parkour to make up for our lack of Vertical Maneuvering Equipment, here are the best resources to do just that:

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