

# ISAAC NETERO WORKOUT ROUTINE



Bonus PDF File  
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# ISAAC NETERO WORKOUT ROUTINE

## Training Volume:

5+ days per week

## Explanation:

The main focus of our programming is going to be strength, endurance, and agility. For that reason we'll be starting each three days a week with strength, and ending each of those with high intensity for both stamina/endurance and agility. On top of that we'll have two days devoted entire to endurance training that will also work in strength work as a secondary goal.

## 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.

## Isaac Netero Workout Routine: Sample Workout Schedule

**Monday:** Netero Strength, Endurance and Agility Push

**Tuesday:** Endurance Circuit A

**Wednesday:** Netero Strength, Endurance and Agility Pull

**Thursday:** Endurance Circuit B

**Friday:** Netero Strength, Endurance and Agility Legs

**Saturday:** Optional Bonus Resource Training

**Sunday:** Rest Day or Optional Training

## **Isaac Netero Workout Routine: Netero Strength, Endurance and Agility Push**

### **Warm Up:**

800m Jog

### **Strength (Push):**

Incline Dumbbell Bench Press

4x15

Seated Arnold Press

4x15

Cable Pushdowns

4x15

### **Tri-Set:**

A. Dumbbell Chest Flyes

3×10

B. Upright Rows w/ Plate

3×10

C. Overhead Tricep Extension w/ Plate

3×10

**Intensity Circuit: Complete 3 Rounds**

25 Kettlebell Swings

20 Mountain Climbers

25 Dips

20 Jumping Jacks

25 Push Ups

20 Butt Kickers

**Isaac Netero Workout Routine: Endurance Circuit A**

**Complete 4 Rounds:**

Run 400M

25 Bench Press

15 Clean and Press

5 Deadlift

## **Isaac Netero Workout Routine: Netero Strength, Endurance and Agility Pull**

### **Warm Up:**

800m Jog

### **Strength (Pull):**

Single Arm Kettlebell Deadlift

4×15 each arm

Preacher Curls

4×15

Bent Over Rows

4×15

### **Tri-Set:**

A. Standing Alternating Dumbbell Curls

3×10

B. Wide Grip Lateral Pulldowns

3×10

### C. Standing Straight Arm Cable Pulldowns

3×10

#### **Intensity Circuit: Complete 2 Rounds**

50 Push Ups

40 Close Grip Cable Rows

30 Light Barbell Deadlifts

20 Chin Ups

10 Burpees

#### **Isaac Netero Workout Routine: Endurance Circuit B**

##### **Complete 2 Rounds:**

800M Run

100 Push Ups

100 Squats

100 Dips

50 Pull Ups

#### **Isaac Netero Workout Routine: Netero Strength, Endurance and Agility Legs**

**Warm Up:**

800m Jog

**Strength (Legs):**

Back Squats

4×15

Leg Press

4×15

Quad Extensions

4×15

**Tri-Set:**

A. Weighted Lunges

3×10 each leg

B. Goblet Squats with KB

3×10

C. Cable Pullthroughs

3×10

**Intensity Circuit: Complete 5**



20 Double Unders

60 Second Wall Sit

20 Box Jumps

10 Pistol Squats

## **Isaac Netero Workout Routine: Optional Bonus Training Resources**

### **HIIT Training Resources**

- [Jump Rope Workout Routines](#)
- [Best HIIT Workouts to Add to Your 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](#)
- [Frank Grillo Boxing Workout](#)