

SIMON 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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SIMON WORKOUT ROUTINE

Training Volume:

3+ days per week

Explanation:

We're going to be using a PPL Split (which is Push, Pull, Legs) but I'm also going to program you one full body day with weights, one full body day just calisthenics, and then also provide bonus training resources at the end; all of which can be utilized as training on your days between your PPL strength days.

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.

Simon Workout Routine: Sample Workout Schedule

Monday: Spiral Power Push Day

Tuesday: Bonus Training Day

Wednesday: Spiral Power Pull Day

Thursday: Bonus Training Day

Friday: Spiral Power Leg Day

Saturday: Bonus Training Day

Sunday: Rest Day

Simon Workout Routine: Spiral Power Push Day

Warm Up:

Walk, Row or Bike 10 Minutes

Workout:

Incline Dumbbell Bench Press

4×15, 12, 10, 8

Seated Arnold Press

4×15, 12, 10, 8

Seated Tricep Overhead Extension

3×12

Kettlebell Swings

3×12

Dumbbell Chest Flyes

3×12

Dips

3×15

Simon Workout Routine: Spiral Power Pull Day

Warm Up:

Walk, Row or Bike 10 Minutes

Workout:

Deadlift

4×15, 12, 10, 8

Alternating Dumbbell Curls

4×15, 12, 10, 8 each arm

Wide Grip Cable Rows

3×12

Cable Hammer Curls w/ Rope

3×12

Reverse Cable Flyes

3×12

Chin Ups

3×15

Simon Workout Routine: Spiral Power Leg Day

Warm Up:

Walk, Row or Bike 10 Minutes

Workout:

Leg Press

4×15, 12, 10, 8

Goblet Squats

4×15, 12, 10, 8

Cable Pullthroughs

3×12

Hack Squat

3×12

Weighted Step Ups

3×12 each leg

Box Jumps

3×15

Simon Workout Routine: Bonus Full Body Weight Training

Warm Up:

Walk, Row or Bike 10 Minutes

Workout:

Hammer Strength Bench

3×12

Power Cleans

3×12

Preacher Curls

3×12

Wide Grip Cable Pulldowns

3×12

Tricep Cable Pushdowns

3×12

Goblet Squats

3×12

Simon Workout Routine: Bonus Training Calisthenics & Ab Day

Warm Up:

Walk, Row or Bike 10 Minutes

Workout:

Push Ups

4×25

Dips

4×20

Sit Ups

4×20

Air Squats

4x15

Lying Leg Raises

4x25

Pull Ups

4x10

Simon Workout Routine: Bonus Training Resources

HIIT Resources:

- [The Best HIIT Workouts to Add to your Workout](#)
- [Jump Rope Workout Database](#)

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](#)

Endurance Training 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](#)

Parkour Training Resources

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