

EDGESHOT WORKOUT ROUTINE



Bonus PDF File
By: **Mike Romaine**

Copyright Notice

No part of this report may be reproduced or transmitted in any form whatsoever, electronic, or mechanical, including photocopying, recording, or by any informational storage or retrieval system without expressed written, dated and signed permission from the author. All copyrights are reserved.

Disclaimer and/or Legal Notices

The information provided in this book is for educational purposes only. I am not a doctor and this is not meant to be taken as medical advice.

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.

If you have any health issues or pre-existing conditions, please consult with your physician before implementing any of the information provided in this course.

This product is for informational purposes only and the author does not accept any responsibilities for any liabilities or damages, real or perceived, resulting from the use of this information.

EDGESHOT WORKOUT ROUTINE

Training Volume:

3-5+ days per week

Explanation:

Similar to Best Jeanist's training we're going to be utilizing 3 days with weights and then two or more days devoted to parkour training. Instead of following three days revolving around PPL, though, we're going to have three full body training days with high intensity interval training to finish us off and hit our core as well.

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.

Edgeshot Workout Routine: Sample Workout Schedule

Monday: Foldabody Full Body A

Tuesday: Edgeshot Parkour

Wednesday: Foldabody Full Body B

Thursday: Edgeshot Parkour

Friday: Foldabody Full Body C

Saturday: Optional Parkour Training or Active Rest Day

Sunday: Mandatory Rest Day

Edgeshot Workout Routine: Foldabody Full Body A

Warm Up:

20 Minutes of "On and Off" Sprints:

- One Minute ON: Sprint 7-10+ MPH
- One Minute OFF: Walk 2-4 MPH

Workout:

Incline Bench Press

3×10

Leg Press

3×10

Lateral Pulldowns

3×10

Shoulder Cable Front Raises

3×10

Tricep Cable Pushdowns

3×10

Preacher Curls

3×10

HIIT Blowout: Complete 3 Rounds

30 Second Plank

25 Double Unders

20 Sit Ups

15 Flutter Kicks

10 Burpees

Edgeshot Workout Routine: Foldabody Full Body B

Warm Up:

20 Minutes of "On and Off" Sprints:

- One Minute ON: Sprint 7-10+ MPH

- One Minute OFF: Walk 2-4 MPH

Workout:

Weighted Dips

3×10

Goblet Squats

3×10

Chin Ups

3×10

Kettlebell Swings

3×10

Tricep Overhead Extension

3×10

Hammer Curls

3×10

HIIT Blowout: Complete 3 Rounds

30 Jumping Jacks

25 Push Ups

20 Lying Leg Raises

15 Bicycle Crunches

10 Plank to Push Ups

Edgeshot Workout Routine: Foldabody Full Body B

Warm Up:

20 Minutes of "On and Off" Sprints:

- One Minute ON: Sprint 7-10+ MPH
- One Minute OFF: Walk 2-4 MPH

Workout:

Chest Flyes

3×10

Bulgarian Split Squats

3×10

Kettlebell or Dumbbell Deadlifts

3×10

Arnold Press

3×10

Tricep Cable Kickbacks

3×10 each arm

Alternating Dumbbell Curls

3×10

HIIT Blowout: Complete 3 Rounds

30 Jumping Lunges

25 Decline Push Ups

20 Chair Dips

15 Second Hollow Hold

10 Wall Climbs

Edgeshot Workout Routine: Parkour Training Resources

Parkour Training Resources

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

- [The Robbie Amell Parkour Workout Routine](#)

Alternative HIIT Resources

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