

HIEI 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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HIEI WORKOUT ROUTINE

Training Volume:

5+ days per week

Explanation:

Hiei is extremely strong, so we're going to be training with a fairly high volume. We'll be using 4 days of training that revolve around major lifts, but weaving in supersets and other high intensity training; and then we'll leave one day for endurance work as well as optional additional training with extra resources I provide at the end.

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.

Hiei Workout Routine: Sample Workout Schedule

Monday: Demon Chest, Triceps and HIIT

Tuesday: Demon Legs and HIIT

Wednesday: Class D Endurance Training

Thursday: Demon Shoulders and HIIT

Friday: Demon Back, Biceps and HIIT

Saturday: Optional Alternative Training Methods w/ Bonus Resources

Sunday: Mandatory Rest Day

Hiei Workout Routine: Demon Chest, Triceps and HIIT

Warm Up:

10 Minute Walk/Jog

Workout:

Tri-Set A:

A. Dumbbell Bench Press

3×10

B. Dumbbell Hex Press

3×10

C. Dumbbell Chest Flyes

3×10

Tri-Set B:

A. Cable Overhead Tricep Extension

3×10

B. Tricep Cable Pushdowns

3×10

C. Tricep Cable Kickbacks

3×10 each arm

HIIT Finisher: 3 Rounds for Time

100 Jump Ropes

20 Decline Push Ups

50 Jump Rope

20 Plank to Push Ups

50 Jump Rope

20 Dips

Hiei Workout Routine: Demon Legs and HIIT

Warm Up:

10 Minute Walk/Jog

Workout:

Tri-Set A:

A. Goblet Squats

3×10

B. Dumbbell Weighted Lunges

3×10

C. Lying Leg Raises

3×10

Tri-Set B:

A. Leg Press

3×10

B. Leg Press Calf Raises

3×10

C. Wall Sits

3×60 seconds

HIIT Finisher: 3 Rounds for Time

100 Jump Ropes

20 Bulgarian Split Squats (total)

50 Jump Rope

20 Straight Leg Kettlebell Deadlifts

50 Jump Rope

20 Weighted Glute Bridges

Hiei Workout Routine: Demon Shoulders and HIIT

Warm Up:

10 Minute Walk/Jog

Workout:

Tri-Set A:

A. Kettlebell Swings

3×10

B. Kettlebell Sumo Deadlift High Pull

3×10

C. Kettlebell Single Arm Alternating Snatches

3×10 each arm

Tri-Set B:

A. Overhead Press

3×10

B. DB Shoulder Front Raises

3×10

C. Push Ups

3xFailure

HIIT Finisher: 3 Rounds for Time

100 Jump Ropes

20 Dumbbell Clean and Press

50 Jump Rope

20 V-Ups

50 Jump Rope

20 Dumbbell Thrusters

Hiei Workout Routine: Demon Back, Biceps and HIIT

Warm Up:

10 Minute Walk/Jog

Workout:

Tri-Set A:

A. Deadlift

3×10

B. Bent Over Rows

3×10

C. Bicep Curls

3×Failure

Tri-Set B:

A. Wide Grip Lateral Pulldowns

3×10

B. Wide Grip Cable Rows

3×10

C. Wide Grip Pull Ups

3xFailure

HIIT Finisher: 3 Rounds for Time

100 Jump Ropes

20 Renegade Rows

50 Jump Rope

10 Chin Ups

50 Jump Rope

20 Lateral Raises

Hiei Workout Routine: Alternative Training Resources

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](#)

Parkour Training Resources

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

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

HIIT Resources:

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

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](#)