

HIGH END NOMU 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.

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.

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HIGH END NOMU WORKOUT ROUTINE

Training Volume:

4+ days per week

Explanation:

For this one we're going to be training with four days devoted to weight training and then any extra training coming from various bonus resources I add for parkour, endurance, mixed martial arts and even high intensity interval training.

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.

High End Nomu Workout Routine: Sample Workout Schedule

Monday: Hood Chest and Triceps

Tuesday: Hood Legs and Calves

Wednesday: Rest Day or Optional Bonus Training

Thursday: Hood Shoulders and Traps

Friday: Hood Back and Biceps

Saturday: Optional Mixed Martial Arts, HIIT, Parkour or Active Rest Day

Sunday: Mandatory Rest Day

High End Nomu Workout Routine: Hood Chest and Triceps

Barbell Bench Press

4×12, 10, 8, 5

Close Grip Bench Press

3×12, 10, 8

Incline Dumbbell Bench Press

4×15, 12, 10, 8

Seated Incline Overhead DB Extension

3×10

Chest Flyes

3×10

Cable Pushdowns

3×10

Weighted Dips

4×5

High End Nomu Workout Routine: Hood Legs and Calves

Back Squats

4×12, 10, 8, 5

Leg Press

4×15, 12, 10, 8

Calf Raises on Leg Press

3×12, 10, 8

Hamstring Curls

3×10

Quad Extensions

3×10

Cable Pullthroughs

3×10

Double Unders

4×25

High End Nomu Workout Routine: Hood Shoulders and Traps

Military Press

4×12, 10, 8, 5

Curl to Press

3×12, 10, 8

Barbell Shrugs

4×15, 12, 10, 8

Shoulder Front Raises with Dumbbells

3×10

Upright Rows

3×10

Kettlebell Swings

3×10

Power Cleans

4×5

High End Nomu Workout Routine: Hood Back and Biceps

Deadlifts

4×12, 10, 8, 5

Bent Over Rows

3×12, 10, 8

Lateral Pulldowns

4×15, 12, 10, 8

Preacher Curls

3×10

Hammer Curls

3×10

Cable Rows

3×10

Weighted Chin Ups

4×5

High End Nomu Workout Routine: Bonus 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](#)
- [How To Train After Your First 5K \(Workout Included\)](#)