

LEORIO 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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LEORIO WORKOUT ROUTINE

Training Volume:

5+ days per week

Explanation:

Similar to Kurapika we'll be using 3 days of calisthenics and weights, but they'll be swapped up a bit for Leorio's training and then we'll also have the weighted vest training that we used for Kurapika being that they both did that training together!

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.

Leorio Workout Routine: Sample Workout Schedule

Monday: Med Student Push Day

Tuesday: Hunter Endurance

Wednesday: Med Student Pull Day

Thursday: Weighted Vest HIIT Circuit

Friday: Med Student Leg Day

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

Sunday: Mandatory Rest Day

Leorio Workout Routine: Med Student Push Day

Warm Up:

800m Run

Workout:

Bench Press

4×10

Seated Arnold Press

3×12

Tricep Cable Pushdowns

3×10

Triset Blowout:

A. Push Ups

3×20

B. Kettlebell Swings

3×15

C. Dips

3×10

Core Work:

Plank

3×60 seconds

Sit Ups

3×20

Hollow Hold

3×30 seconds

Leorio Workout Routine: Hunter Endurance

For your Hunter Endurance you're going to be running based on your fitness level like we normally program for running in our character workouts.

I'll also be providing you some resources that'll help you work your way up if needed.

Beginner: 1-3 Mile Run

Intermediate: 3-5 Mile Run

Advanced: 5-10+ Mile Run

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 \(Workout Included\)](#)

Leorio Workout Routine: Med Student Pull Day

Warm Up:

800m Run

Workout:

Deadlifts

4×10

Bicep Curls

3×12

Cable Rows

3×10

Triset Blowout:

A. Wide Push Ups

3×20

B. Wide Grip Cable Pulldowns

3×15

C. Chin Ups

3×10

Core Work:

Side Planks

3×30 seconds each side

V-Ups

3×20

Hanging Leg Raises

3×20

Leorio Workout Routine: Weighted Vest HIIT Circuit

Remember when I mentioned Leorio's weighted vest training to visit Killua?

Well it's time for you to throw on a 20-50 lb. weighted vest!

Complete 4 Rounds:

Run 400m

40 Air Squats

30 Push Ups

20 Dips

10 Push Ups

Leorio Workout Routine: Med Student Leg Day

Warm Up:

800m Run

Workout:

Back Squat

4x10

Leg Press

3x12

Hamstring Curls

3×10

Triset Blowout:

A. Goblet Squats

3×20

B. Cable Pullthroughs

3×15

C. Box Jumps

3×10

Core Work:

Russian Twists

3×30

Cable Crunches

3×20

Lying Leg Raises w/ Hip Thrust

3×20

Leorio 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](#)