

NINE

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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NINE WORKOUT ROUTINE

Training Volume:

5+ days per week

Explanation:

We're going to be training with calisthenics/bodyweight training, which will give us three days of training and then another two days which will revolve around endurance work and a mix of endurance and high intensity work to really round out our villainous hero-training. I'll also be adding in our resources for mixed martial arts, and parkour to give you some other options to train with as well if you'd like to tack on some extra.

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.

Nine Workout Routine: Sample Workout Schedule

Monday: Weather Manipulation Calisthenics Day One

Tuesday: Heroes Rising Endurance Training

Wednesday: Weather Manipulation Calisthenics Day Two

Thursday: Villainous Leader Intensity Training

Friday: Weather Manipulation Calisthenics Day Three

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

Sunday: Mandatory Rest Day

Nine Workout Routine: Weather Manipulation Calisthenics Day One

Warm Up:

800m Run

Workout:

Superset One:

A. Air Squats

3×20

B. Jumping Lunges

3×20

C. V-Ups

3×20

Superset Two:

A. Narrow to Wide Jump Squats

3×20

B. Sit Ups w/ Twist

3×20

C. Russian Twists

3×25

Superset Three:

A. Alternating Pistol Squats

3×20

B. Hanging Leg Raises

3×20

C. Glute Bridges

3×20

Nine Workout Routine: Heroes Rising Endurance Training

For your endurance work 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](#)

Nine Workout Routine: Weather Manipulation Calisthenics Day Two

Warm Up:

800m Run

Workout:

Superset One:

A. Decline Push Ups

3×20

B. Mountain Climbers

3×20

C. Planking Shoulder Taps

3×30

Superset Two:

A. Close to Wide Push Ups

3×20

B. Sit Ups

3×20

C. Flutter Kicks

3×50

Superset Three:

A. Plank to Push Ups

3×20

B. Lying Leg Raises

3×20

C. Inch Worms

3×10

Nine Workout Routine: Villainous Leader Intensity Training

Complete 4 Rounds for Time:

100 Boxer Skips

30 Push Ups

25 Air Squats

15 Dips

10 Pull Ups

Nine Workout Routine: Weather Manipulation Calisthenics Day Three

Warm Up:

800m Run

Workout:

Superset One:

A. Dips

3×20

B. Planks

3×30 Seconds

C. Close Grip Push Ups

3×10

Superset Two:

A. Skullcrusher Calisthenic Style

3×20

B. Superman Hold

3×30 Seconds

C. Wide Push Ups

3×10

Superset Three:

A. Chair Dips

3×30

B. Hollow Hold

3×30 Seconds

C. Regular Push Ups

3×10

Nine 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](#)