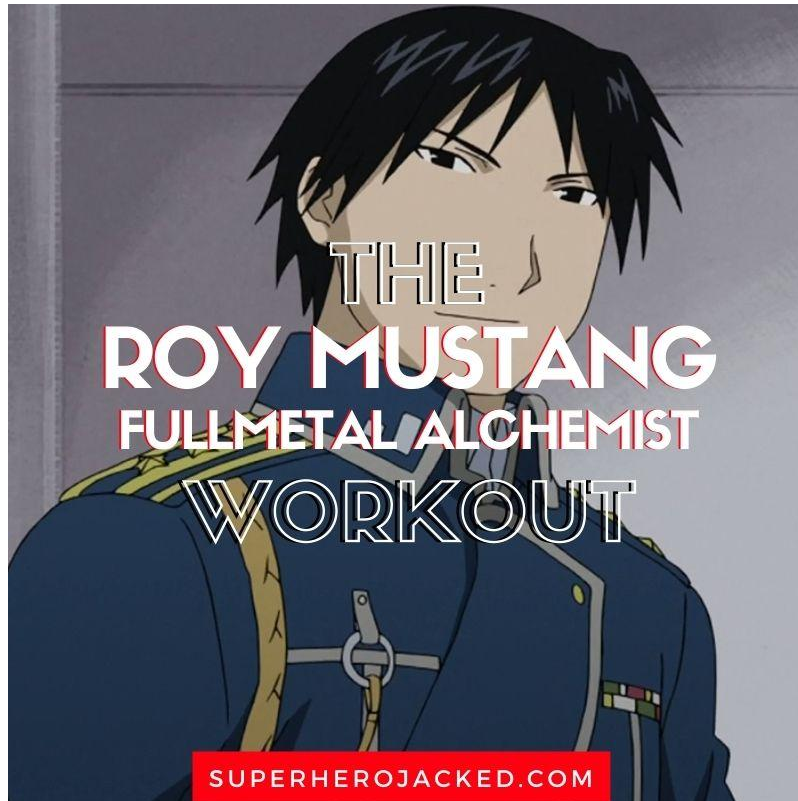


ROY MUSTANG WORKOUT ROUTINE



Bonus PDF File
By: Mike Romaine

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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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ROY MUSTANG WORKOUT ROUTINE

Training Volume:

3-5+ days per week (option to scale down to 3 days of resistance training and cut cardio)

Explanation:

Similar to how we have Five Levels of Training that scale up for our Ultimate Calisthenics Workout & Guide, we will have the option to scale certain training to lower levels. Within all of our circuits I will give ways to scale them. If you scale down, you will be brought to a lower rank (lowest rank), if you keep it the same you're at a mid tier, and if you scale up (which I'll also tell you

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.

Roy Mustang Workout: Sample Workout Schedule

Monday: Upper Body Circuit

Tuesday: Weighted Trek

Wednesday: Full Body Training

Thursday: Long Distance (Variable) Cardio

Friday: Lower Body Circuit

Saturday: Rest Day or HIIT Training

Sunday: Mandatory Rest Day

Roy Mustang Workout: Upper Body Circuit

Warm Up:

2×25 Jumping Jacks

2×25 High Knees

2×10 Chin Ups

2×10 Skull Crushers (Bodyweight)

Workout:

Complete 5 Rounds

5 Regular Push Ups

30 Seconds of Jump Rope

5 Wide Push Ups

30 Second Superman Hold

5 Pseudo Push Ups

30 Second Rest

5 Explosive Push Ups

30 Seconds Hollow Hold

5 Close Push Ups

30 Seconds Jump Rope

5 Regular Push Ups

Scaling:

- **Level One:**
 - Scale Push Ups to Knee Push Up Variations or Pause Push Up Variations
 - Scale Jump Rope to Jumping Jacks
- **Level Two:**
 - Keep the circuit as is.
- **Level Three:**
 - Scale up Push Ups with reps or weighted vest.
 - Scale up Jump Rope with Double Unders.

Roy Mustang Workout: Weighted Trek

Level One: 3-5+ Mile Walk without Weight

Level Two: 5+ Mile Walk with 20-40 lb. Weighted Vest

Level Three: 10+ Mile Walk with 40 lb. Weighted Vest

Roy Mustang Workout: Full Body Training

Warm Up:

2×25 Jumping Jacks

2×25 High Knees

2×25 Butt Kickers

Workout:

Push Ups

4×30

Goblet Squats

4×25

Double Unders

4×20

Dips

4×15

Pull Ups

4x10

Burpees

4x5

Scaling:

- **Level One:**
 - Scale Push Ups to Knee Ups or Pause Push Ups.
 - Scale Goblet Squats to Air Squats.
 - Scale Double Unders to 3x Jump Rope or Jumping Jacks.
 - Scale Dips with Chair.
 - Scale Pull Ups with Bodyweight Rows or Pike Push Ups.
 - Scale Burpees with Slow Burpees.
- **Level Two:**
 - Keep the workout as is.
- **Level Three:**
 - Scale up all movements with weighted vest or harder variations (Ex: Push Ups -> Explosive Push Ups), or more reps.

High Intensity Interval Training:

30 Minute Interval Sprints

- 30 Second Sprint

- 90 Second Walk Cooldown

Roy Mustang Workout: Long Distance Variable Cardio

Instead of a Trek or Sprints, your job today is to get in some extra endurance training.

This can be a run, row, walk, or even a swim.

- **Level One:**
 - Run 1-3 Miles
 - Row 1600M
 - Swim 20-30 Minutes
- **Level Two:**
 - Run 3-5 Miles
 - Row 3200M
 - Swim 30+ Minutes
- **Level Three:**
 - Run 5+ Miles
 - Row 5000M
 - Swim 45+ Minutes

Roy Mustang Workout: Lower Body Circuit

Warm Up:

2×25 Jumping Jacks

2×25 High Knees

3×5 Pull Ups

3×20 Push Ups

Workout:

Complete 5 Rounds

60 Second Wall Sit

50 Double Unders

40 Decline Glute Bridges

30 Jumping Lunges (15 Each)

20 Box Jumps

10 Pistol Squats