

HERMES

WORKOUT ROUTINE



Bonus PDF File
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HERMES WORKOUT ROUTINE

Training Volume:

5 days per week

Explanation:

We're going to be building this one around three days of full body workouts with a focus on lower body strength and then two days of speed training which will come in the form of sprints and 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.

Hermes Workout Routine: Sample Workout Schedule

Monday: Greek God Full Body A

Tuesday: Hermes Speed Training Sprints

Wednesday: Greek God Full Body B

Thursday: Zeus High Intensity Interval Training

Friday: Greek God Full Body C

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

Sunday: Mandatory Rest Day

Hermes Workout Routine: Greek God Full Body A

Warm Up:

10 Minute Jog or One and Off Sprints

Workout:

Bench Press

4×12

Hamstring Curls

4×12

Wide Grip Pulldowns

4×12

Upright Rows

4×12

Alternating DB Curls

3×10 each arm

Tricep Cable Kickbacks

3×10 each arm

Standing Calf Raises

3×10

Optional Core Work:

Sit Ups

3×20

Leg Raises

3×20

Hermes Workout Routine: Hermes Speed Training Sprints

For this one we're going to be doing 30+ minutes of "On and Off" Sprints!

You have the option to switch this up a bit and do it multiple different ways, but I'll give you two different variations and you can even decide to increase the volume to 45-60 minutes eventually.

Hermes Sprint Option A:

ON: Sprint for 1 Minute at 7-10+ MPH

OFF: Walk for 1 Minute at 2-3.5 MPH

Hermes Sprint Option B:

ON: Sprint for 30 Seconds at Max Intensity

OFF: Walk for 90 Seconds to Prepare for Max

You can even decide to switch this up and do these variations on the bike, rower or elliptical, but for the sake of speed training like Hermes your best bet will be the treadmill.

Hermes Workout Routine: Greek God Full Body B

Warm Up:

10 Minute Jog or One and Off Sprints

Workout:

Dumbbell Chest Flyes

4×12

Back Squats

4×12

Cable Rows

4×12

Seated Military Press

4×12

Preacher Curls

3×10

Seated Overhead Tricep Extension

3×10

Double Unders

3×25

Optional Core Work:

Cable Crunches

3×20

Hanging Leg Raises

3×20

Hermes Workout Routine: Zeus High Intensity Interval Training

Complete 5 Rounds:

30 Double Unders

10 Alternating Pistol Squats [each leg]

50 Alternating Foot Smips

20 Wide to Close Push Ups

50 Boxer Skips

10 Chin Ups

30 Double Unders

20 Narrow to Wide Jump Squats

Rest 2-5 minutes as needed between rounds.

Hermes Workout Routine: Greek God Full Body C

Warm Up:

10 Minute Jog or One and Off Sprints

Workout:

Dips

4×12

Weighted Lunges

4×12

Deadlifts

4×12

Kettlebell Swings

4×12

Hammer Curls with Cable and Rope

3×10

Tricep Cable Pushdowns with Rope

3×10

Box Jumps

3×15

Optional Core Work:

V-Ups

3×20

Russian Twists

3×20