

PAIN

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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PAIN WORKOUT ROUTINE

Training Volume:

5+ days per week

Explanation:

To train like Pain we're going to be using a 3 day weight training split with 2 days of high intensity interval training, and then resources for parkour, endurance work and mixed martial arts that are there for you to add on as needed.

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.

Pain Workout Routine: Sample Workout Schedule

Monday: Nagato Pull and Endurance

Tuesday: Pain HIIT Day One

Wednesday: Nagato Push and Endurance

Thursday: Pain HIIT Day Two

Friday: Nagato Legs and Endurance

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

Sunday: Mandatory Rest Day

Pain Workout Routine: Nagato Pull and Endurance

Warm Up:

Walk Jog 10 Minutes

Triset One:

A. Kettlebell Deadlift

3×10

B. Bent Over Dumbbell Rows

3×10

C. Chin Ups

3×10

Triset Two:

A. Heavy Hammer Curls

3×10

B. Alternating Bicep Curls

3×10 each arm

C. Wide Push Ups

3×Failure

Triset Three:

A. Sit Ups

3×25

B. Lying Leg Raises

3×20

C. Planks

3×60 seconds

Endurance Work:

1-3 Mile Jog

Pain Workout Routine: Pain HIIT Day One

Warm Up:

2×25 Jumping Jacks

2×25 Butt Kicks

2×25 High Knees

Workout: Complete 3 Rounds

30 Double Unders

25 Push Ups

20 Mountain Climbers

15 Dips

10 Burpees

Alternative Training HIIT Resources:

- [The Best HIIT Workouts to Add to your Workout](#)
- [Jump Rope Workout Database](#)

Pain Workout Routine: Nagato Push and Endurance

Warm Up:

Walk Jog 10 Minutes

Triset One:

A. Incline Dumbbell Bench Press

3×10

B. Incline Dumbbell Bench Press

3×10

C. Incline Hex Press

3×10

Triset Two:

A. Tricep Cable Pushdown

3×10

B. Tricep Cable Overhead Extension

3×10

C. Tricep Cable Kickbacks

3×10 each arm

Triset Three:

A. Overhead Press

3×10

B. Upright Rows

3×10

C. Lateral Raises

3×10

Endurance Work:

1-3 Mile Jog

Pain Workout Routine: Pain HIIT Day Two

Warm Up:

2×25 Jumping Jacks

2×25 Butt Kicks

2×25 High Knees

Workout: Complete 5 Rounds

50 Jump Rope

20 Decline Push Ups

50 Jump Rope

20 Air Squats

50 Jump Rope

20 Tricep Extension (Calisthenics)

50 Jump Rope

20 Planking Knee Taps

Alternative Training HIIT Resources:

- [The Best HIIT Workouts to Add to your Workout](#)
- [Jump Rope Workout Database](#)

Pain Workout Routine: Nagato Legs and Endurance

Warm Up:

Walk Jog 10 Minutes

Triset One:

A. Goblet Squats

3×10

B. Goblet Lunges

3×10 each leg

C. Box Jumps

3×10

Triset Two:

A. Bulgarian Split Squats

3×10 each leg

B. Cable Pullthroughs

3×10

C. Alternating Pistol Squats

3×10

Triset Three:

A. V-Ups

3×25

B. Hanging Leg Raises

3×20

C. Side Planks

3×30 seconds each side

Endurance Work:

1-3 Mile Jog

Pain Workout Routine: Alternative Training Resources

Parkour Training Resources:

- [The Nightrunner Parkour Workout Routine](#)
- [The Assassin's Creed Parkour Workout Routine](#)
- [The Robbie Amell Parkour Workout Routine](#)

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](#)

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 \(Workout Included\)](#)