

# ROCK LEE WORKOUT ROUTINE



Bonus PDF File  
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# ROCK LEE WORKOUT ROUTINE

## Training Volume:

6 days per week

## Explanation:

We will be focusing on strength and circuit training (*remember what I said about never giving up like Lee?*) for 4 days a week, which will also help our speed, but then we will also be specifically targeting our speed training 2 days a week, with some extra calisthenics on top.

## 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.

## Rock Lee Workout: Sample Workout Schedule

**Monday:** Chest, Triceps and Circuit Training

**Tuesday:** Legs, Calves and Circuit Training

**Wednesday:** Speed Training and Calisthenics

**Thursday:** Shoulder, Traps and Circuit Training

**Friday:** Back, Biceps and Circuit Training

**Saturday:** Speed Training and Calisthenics

**Sunday:** Mandatory Rest Day

*\*\*Speed Training and Calisthenics is at the Bottom\*\**

## **Rock Lee Workout: Chest, Triceps and Circuit Training**

### **Warm Up:**

800m Jog

### **Workout:**

Bench Press

4×10

Close Grip Bench Press

4×10

Incline Press (DB or Machine)

3×10

Reverse Grip Cable Pushdown

3×10

**Circuit:**

60 Push Ups

50 Kettlebell Swings

40 Box Jumps

30 Cable Flyes

20 Burpees

10 Dumbbell Pullovers

**Rock Lee Workout: Legs, Calves and Circuit Training**

**Warm Up:**

800m Jog

**Workout:**

Leg Press

4×10

Calf Raises on Leg Press Machine

4×10

Squats (Back, Front, Hack, Landmine or Goblet)

3×10

Hamstring Curls or Kickbacks

3×10

**Circuit:**

*3 Rounds:*

10 Double Unders

20 Plank to Push Ups

10 Pistol Squats [Total]

5 Heavy Glute Bridges

20 Second Sprint

30 Second Rest

**Rock Lee Workout: Shoulders, Traps and Circuit Training**

**Warm Up:**

800m Jog

**Workout:**

Hang Cleans

4×10

Barbell Shrugs

4×10

Arnold Press (Standing or Seated)

3×10

Front Raises w/ Plate

3×10

**Circuit:**

*5 Rounds:*

5 Push Ups

5 Sit Ups

5 Chin Ups

5 Burpees

5 Dips

5 Jump Squats

# **Rock Lee Workout: Back, Biceps and Circuit Training**

## **Warm Up:**

800m Jog

## **Workout:**

Deadlift

4×10

Preacher Curls

4×10

Bent Over Rows

3×10

Cable Hammer Curls w/ Rope

3×10

## **Circuit:**

70 Calorie Row

60 Second Plank

50 Single Arm DB Snatches (25 Each Arm)



40 Jump Ropes

30 Chin Ups

20 Kettlebell Swings

10 Hanging Leg Raises

## Rock Lee Workout: Speed Training and Calisthenics

### Speed Training:

(Shared from [Kid Flash's Routine](#))

- **Hill Sprints**
  - **Beginner:** Complete 3-5 reps. “Remember, this is pure explosiveness, so it should be difficult,” Bradshaw says. You can always increase the time for fewer reps, too. Completely recover between reps. Take about 3-5 minutes in between.
  - **Advanced:** Complete 5-6 reps, taking 3-5 minutes rest in between each rep
- **Interval Runs**
  - **Beginner:**
    - run 50 meters
    - walk/jog 50 meters
    - run 100 meters
    - walk/jog 50 meters
    - run 150 meters
    - walk/jog 50 meters
    - run 200 meters
    - walk/jog 50 meters

- run **250 meters**
  - walk/jog 50 meters
  - **Advanced:** Complete the same workout above, only go “up and down” the ladder. Once you run 250 meters, work your way back down (200m, 150m, 100m, 50m).
- **Fartleks (Swedish for “speed play”) – 15 minute workout:**
  - **Beginner:– 1-minute run**
    - 1-min walk/jog
    - **2-minute run**
    - 2-minute walk/jog
    - **3-minute run**
    - 2-minute walk/jog
    - **4-minute run**
    - 3-minute walk/jog
    - **5-minute run**
    - 3-minute walk/jog
  - **Advanced:** Follow the same workout pattern above—1 minute, 2 minutes, 3 minutes, 4 minutes, and 5 minutes—only with a 2-minute jog for active recovery between each. Once you’ve reached 5 minutes and completed the 2-minute recovery, go back down the ladder and complete 5 minutes, 4 minutes, 3 minutes, 2 minutes, 1 minute.
- **Sprints – Short and Long**
  - **How to do a long-sprint workout:** For long sprints that’ll tap into your speed endurance, do 2-3 sessions per week.
    - **Beginner:** Complete 6-8 sprints of 100 meters at 75%-80% effort. (“This means you can utter a few words, but can’t maintain a conversation,” Bradshaw says.) Recover for 50-60 seconds between reps.
    - **Advanced:** Complete 8-10 sprints of 100 meters at 80-85% effort. At this intensity,

you're pushing very hard, but not going as fast/hard as you can. Recover for 45 seconds in between reps.

- **How to do a long-sprint workout:** For long sprints that'll tap into your speed endurance, do 2-3 sessions per week.
  - **Beginner:** Complete 3 sprints of 300 meters at 75% effort. Recover for 3 minutes between sprints.
  - **Advanced:** Do two sets, each 3 sprints of 300 meters at 75% effort. Recover for 2-3 minutes between sprints, and 5 minutes between sets.

### **Calisthenics Training:**

Push Ups

4x25

Sit Ups

4x20

Lunges

4x15 (each leg)

Dips

4x10

Chin Ups

4x5-8