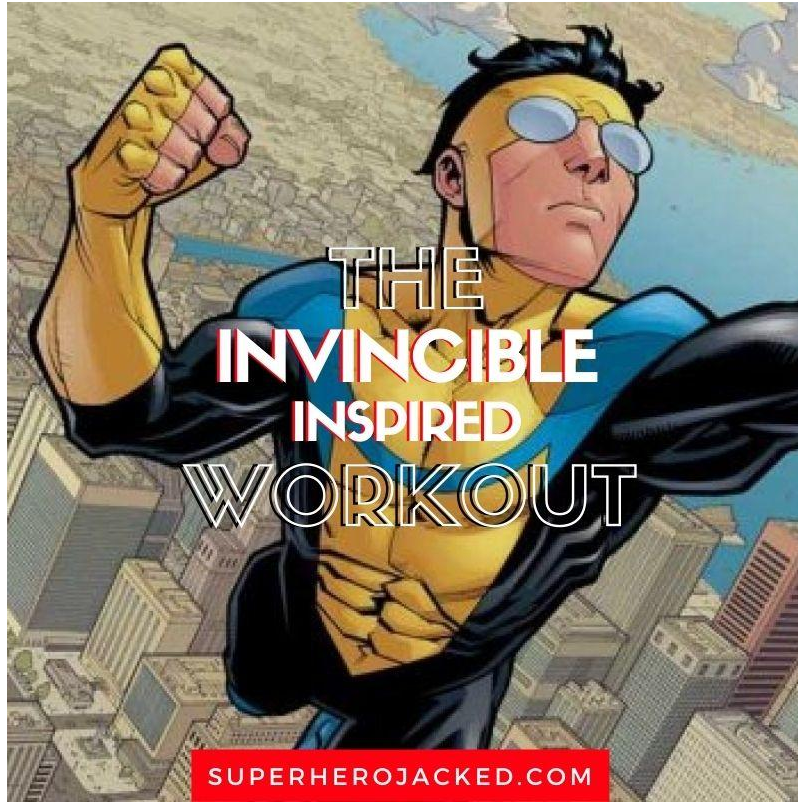


INVINCIBLE WORKOUT ROUTINE



Bonus PDF File
By: **Mike Romaine**

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The information provided in this book is for educational purposes only. I am not a doctor and this is not meant to be taken as medical advice.

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.

If you have any health issues or pre-existing conditions, please consult with your physician before implementing any of the information provided in this course.

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INVINCIBLE WORKOUT ROUTINE

Training Volume:

4-6 days per week

Explanation:

We're going to be training with 4 days devoted to strength and endurance work to focus in on that superhuman strength and endurance and then we'll also have two days of optional HIIT work to take your speed and endurance up to another level.

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.

Invincible Workout Routine: Sample Workout Schedule

Monday: Invincible Chest, Triceps and Endurance Work

Tuesday: Invincible Legs, Calves, Core and Endurance Work

Wednesday: Viltrumite Optional HIIT Work or Additional Alternative Training

Thursday: Invincible Back, Biceps and Endurance Work

Friday: Invincible Shoulders, Traps, Core and Endurance Work

Saturday: Viltrumite Optional HIIT Work or Additional Alternative Training

Sunday: Mandatory Rest Day

Invincible Workout Routine: Invincible Chest, Triceps and Endurance Work

Warm Up:

5-10 Minute Incline Walk

Workout:

Bench Press

4×12, 10, 8, 5

Incline Dumbbell Press

3×10

Seated Tricep Overhead Extension

3×10

Reverse Grip Cable Pushdowns

3×10

Cable Kickbacks

3×10 each arm

Chest Flyes (Cable or Dumbbells)

3×10

Weighted Dips

4×8-10

Endurance Work:

Run/Walk based on Fitness Level:

Beginner: 1-3 Miles

Intermediate: 3-5 Miles

Advanced: 5+ Miles

Invincible Workout Routine: Invincible Legs, Calves, Core and Endurance Work

Warm Up:

5-10 Minute Incline Walk

Workout:

Back Squat

4×12, 10, 8, 5

Hamstring Curls

3×10

Bulgarian Split Squats

3×10 each leg

Quad Extension

3×10

Seated Calf Raises

3×10

Cable Crunches

3×25

Hanging Leg Raises

3×20

Endurance Work:

Run/Walk based on Fitness Level:

Beginner: 1-3 Miles

Intermediate: 3-5 Miles

Advanced: 5+ Miles

Invincible Workout Routine: Viltrumite Optional HIIT Work or Additional Alternative Training

For your one mid week HIIT day I'm going to be programming you a specific workout.

The other optional day you can add in a HIIT workout from the bonus alternatives I provide.

HIIT Circuit: Complete 2 Rounds

800m Run (Half a Mile)

100 Jump Squats

75 Explosive Push Ups

50 Sit Ups

25 Pull Ups

Other Optional HIIT Resources

- [Alternative HIIT Workouts](#)

- [Jump Rope Workouts](#)

Invincible Workout Routine: Invincible Back, Biceps and Endurance Work

Warm Up:

5-10 Minute Incline Walk

Workout:

Deadlifts

4×12, 10, 8, 5

Bent Over Barbell Rows

3×10

Preacher Curls

3×10

Wide Grip Lateral Pulldowns

3×10

Cable Rope Hammer Curls

3×10

Cable Rows

3×10

Chin Ups

4×8-10

Endurance Work:

Run/Walk based on Fitness Level:

Beginner: 1-3 Miles

Intermediate: 3-5 Miles

Advanced: 5+ Miles

Invincible Workout Routine: Invincible Shoulders, Traps, Core and Endurance Work

Warm Up:

5-10 Minute Incline Walk

Workout:

Overhead Press

4×12, 10, 8, 5

Seated Dumbbell Front Raises

3×10

Barbell Shrugs

3×10

Hang Cleans

3×10

Lateral Raises

3×10

Sit Ups with Twist

3×30

Lying Leg Raises with Hip Thrust

3×20

Endurance Work:

Run/Walk based on Fitness Level:

Beginner: 1-3 Miles

Intermediate: 3-5 Miles

Advanced: 5+ Miles

Invincible Workout Routine: Additional Optional Training Resources

Running Based Celebrity and Character Workouts

- [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 \(Workout Included\)](#)

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](#)