

MERUEM 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 ensure 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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MERUEM WORKOUT ROUTINE

Training Volume:

6 days per week

Explanation:

We are training to become a character whose power is unfathomable. He is on a level that is even above Isaac Netero, who was listed as one of the strongest anime characters of all time. We'll be training 6 days a week utilizing a PPL Weightlifting Split, and then individual days devoted to things like intensity, endurance and calisthenics and core work.

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.

Meruem Workout Routine: Sample Workout Schedule

Monday: Chimera Push Day

Tuesday: Hunter Endurance Work

Wednesday: Chimera Push Day

Thursday: King Intensity Training

Friday: Chimera Push Day

Saturday: Nen Calisthenics, Core and Parkour

Sunday: Mandatory Rest Day

Meruem Workout Routine: Chimera Push Day

Warm Up:

20-30 Minutes of Varied Cardio

[Treadmill Walk/Run, Elliptical, Bike, Row, Swim, etc.]

Workout:

Incline Bench Press

3×12, 10, 8

Seated Dumbbell Overhead Press

3×12, 10, 8

Seated Tricep Overhead Extension

3×12, 10, 8

Triset A:

A. Kettlebell Swings

3×10

B. Decline Push Ups

3×20

C. Incline Chest Flyes

3×10

Triset B:

A. Sumo Deadlift High Pull

3×10

B. Dips

3×20

C. Cable Tricep Pushdowns

3×10

Meruem Workout Routine: Hunter Endurance Work

Complete running endurance work based on your overall fitness level:

Beginner: 1-3 Miles

Intermediate: 3-5 Miles

Advanced: 5+ Miles

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 \(Workout Included\)](#)

Meruem Workout Routine: Chimera Pull Day

Warm Up:

20-30 Minutes of Varied Cardio

[Treadmill Walk/Run, Elliptical, Bike, Row, Swim, etc.]

Workout:

Deadlift

3×12, 10, 8

Barbell Shrugs

3×12, 10, 8

Alternating Dumbbell Curls

3×12, 10, 8 each arm

Triset A:

A. Bent Over Barbell Rows

3×10

B. Wide Push Ups

3×20

C. Cable Hammer Curls with Rope

3×10

Triset B:

A. Wide Grip Lateral Pulldowns

3×10

B. Cable Pulldowns

3×20

C. Chin Ups

3×10

Meruem Workout Routine: King Intensity Day

For this one you have the option to use some of our other resources to continuously switch up your HIIT workout, but I'll also be programming you a day to continue to come back to and retest your score with.

Complete 3 Rounds:

Run 800m

50 Squats

40 Push Ups

30 Sit Ups

20 Sit Ups

10 Pull Ups

High Intensity Interval Training Resources:

- [Jump Rope Workout Database](#)
- [Other HIIT Workout Variations](#)

Meruem Workout Routine: Chimera Leg Day

Warm Up:

20–30 Minutes of Varied Cardio

[Treadmill Walk/Run, Elliptical, Bike, Row, Swim, etc.]

Workout:

Back Squats

3×12, 10, 8

Bulgarian Split Squats

3×12, 10, 8 each leg

Glute Bridges

3×12, 10, 8

Triset A:

A. Leg Press

3×10

B. Leg Press Calve Raises

3×20

C. Seated Calf Raises

3×10

Triset B:

A. Weighted Lunges

3×10 each leg

B. Hamstring Curls

3×20

C. Quad Extensions

3×10

Meruem Workout Routine: Nen Calisthenics, Core and Parkour

Warm Up:

Jump Rope

3×100

Workout:

Push Ups

4×25

Wide to Close Squats

4×20

Dips

4×15

Chin Ups

4×10

Core:

Sit Ups

4×25

Lying Leg Raises

4×25

Holds:

L-Sit Hold

3×30 Seconds

Hollow Hold

3×30 Seconds

Superman Hold

3×30 Seconds

Optional Parkour Training:

- [The Nightrunner Parkour Workout Routine](#)

Additional Options and Resources

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

Meruem Workout Routine: Optional Additional Training Resources

Main MMA Training Resources

- [Frank Grillo Boxing Workout](#)
- [Deontay Wilder Workout Routine](#)
- [Anna Diop Workout Routine and Diet Plan](#)
- [Ryan Potter Workout Routine and Diet Plan](#)

Other MMA Training Resources:

- [Deathstroke Workout Routine](#)
- [Daredevil Workout Routine](#)
- [Moon Knight Workout Routine](#)

- Sangat Workout Routine