

NEFERPITOU 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 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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NEFERPITOU WORKOUT ROUTINE

Training Volume:

4-6+ days per week

Explanation:

We're going to be training at a very high volume but using yoga and stretching to help aid in our recovery and also even aid in extra toning and core strength. We'll be training with weights at a high intensity 4 days per week and then adding in minor stretching and some mandatory yoga and flexibility.

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 & traditional pyramid training, straight sets, super sets, progressive overload and more.

Neferpitou Workout Routine: Sample Workout Schedule

Monday: Royal Guard Chest, Triceps and Stretching

Tuesday: Royal Guard Legs, Core and Stretching

Wednesday: Active Rest Day (Hiking, Sports, Optional Resources, Etc.)

Thursday: Royal Guard Shoulders, Traps and Stretching

Friday: Royal Guard Back, Biceps and Stretching

Saturday: Optional Additional Training with Resources

Sunday: Rest Day

Neferpitou Workout Routine: Royal Guard Chest, Triceps and Stretching

Warm Up:

100 Jump Rope Skips

Triset A:

A. Bench Press

3×10

B. Tricep Overhead Extension

3×10

C. Jump Rope

3×50

Triset B:

A. Chest Flyes

3×10

B. Tricep Kickbacks

3×10 each arm

C. Jump Rope

3×50

Triset C:

A. Push Ups

3×15

B. Dips

3×10

C. Jump Rope

3×50

Stetching/Yoga:

Stretch or do Yoga for a minimum 10-15 minutes.

Neferpitou Workout Routine: Royal Guard Legs, Core and Stretching

Warm Up:

100 Jump Rope Skips

Triset A:

A. Goblet Squats

3×10

B. Sit Ups

3×20

C. Jump Rope

3×50

Triset B:

A. Weighted Lunges

3×10 each leg

B. Lying Leg Raises

3×20

C. Jump Rope

3×50

Triset C:

A. Weighted Glute Bridges

3×15

B. V-Ups

3×10

C. Jump Rope

3×50

Stretching/Yoga:

Stretch or do Yoga for a minimum 10-15 minutes.

Neferpitou Workout Routine: Active Rest Day

You have a ton of options to punch in for your active rest day here.

You can use any of the resources I shared below, or you can insert your own preferred activity.

I personally recommend a day of Yoga or SPIN Class in the middle of the week to switch it up and allow yourself to recover from the

amount of volume we are working with in this routine – but the options are endless.

Neferpitou Workout Routine: Royal Guard Shoulders, Traps and Stretching

Warm Up:

100 Jump Rope Skips

Triset A:

A. Overhead Press

3×10

B. Kettlebell Swings

3×10

C. Jump Rope

3×50

Triset B:

A. Upright Rows

3×10

B. Dumbbell Clean and Press

3×10

C. Jump Rope

3×50

Triset C:

A. Shrugs

3×20

B. Dumbbell Front Raises

3×10

C. Jump Rope

3×50

Stretching/Yoga:

Stretch or do Yoga for a minimum 10-15 minutes.

**Neferpitou Workout Routine: Royal Guard Back,
Biceps and Stretching**

Warm Up:

100 Jump Rope Skips

Triset A:

A. Deadlift

3×10

B. Alternating Bicep Curls

3×10 each arm

C. Jump Rope

3×50

Triset B:

A. Bent Over Rows

3×10

B. Hammer Curls

3×10 each arm

C. Jump Rope

3×50

Triset C:

A. Lateral Raises

3×15

B. Chin Ups

3×10

C. Jump Rope

3×50

Stretching/Yoga:

Stretch or do Yoga for a minimum 10–15 minutes.

Neferpitou Workout Routine: Optional Additional Training Resources

Parkour Training Resources:

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

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 \(Workout Included\)](#)

Alternative Training HIIT Resources:

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

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](#)