

OMNI-MAN WORKOUT ROUTINE



Bonus PDF File
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OMNI-MAN WORKOUT ROUTINE

Training Volume:

6 days per week

Explanation:

We're training like Omni-Man. We're going to train for strength and then add in endurance and agility on top with running/cardio and recommended agility work. I'll also be providing some additional resources for those of you who want some help building up your endurance or even the possibility of switching it up with some parkour, MMA, or HIIT.

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.

Omni-Man Workout: Sample Workout Schedule

Monday: Chest and Endurance Work

Tuesday: Arms and Endurance Work

Wednesday: Legs and Endurance Work

Thursday: Shoulders and Endurance Work

Friday: Back and Endurance Work

Saturday: Agility Work

Sunday: Rest Day

Omni-Man Workout: Chest and Endurance Work

Warm Up:

400-800m Jog

Main Lift:

Bench Press

2×12, 10 Warm Up Sets

3×5, 8, 10 Working Sets

Accessory Work:

Cable Chest Flyes

3×10

Incline Bench Press

4×12,10,8, 6

Weighted Dips

4×8

Hammer Strength Decline Press

3×12

Cardio Work:

Run 2-3 Miles

(Scale to Walk-Run Intervals)

Omni-Man Workout: Arms and Endurance Work

Warm Up:

400-800m Jog

Main Lift(s):

Preacher Curls

4×12, 10, 8, 6

Seated Overhead Tricep Extension

4×12, 10, 8, 6

Accessory Work:

Reverse Grip Tricep Cable Pushdowns

3×12

Standing Alternating Dumbbell Curls

4×10 each arm

Dumbbell Skull Crushers

3×10

Cardio Work:

Bike 5-10 Miles

Omni-Man Workout: Legs and Endurance Work

Warm Up:

400-800m Jog

Main Lift:

Back Squats

2×12, 10 Warm Up Sets

3×5, 8, 10 Working Sets

Accessory Work:

Leg Press

3×10

Leg Press

4×12,10,8, 6

Bulgarian Split Squats

4×8 each leg

Cable Pullthroughs

3×12

Cardio Work:

Row 1600-3200 Meters

Omni-Man Workout: Shoulders and Endurance Work

Warm Up:

400-800m Jog

Main Lift:

Overhead Press

2×12, 10 Warm Up Sets

3×5, 8, 10 Working Sets

Accessory Work:

Seated Straight Arm Front Raises

3×10

Power Cleans

4×12,10,8, 6

Barbell Shrugs

4×8

Kettlebell Swings

3×12

Cardio Work:

Swim 800-1200m

Omni-Man Workout: Back and Endurance Work

Warm Up:

400-800m Jog

Main Lift:

Deadlift

2×12, 10 Warm Up Sets

3×5, 8, 10 Working Sets

Accessory Work:

Wide Grip Cable Rows

3×10

Close Grip Cable Pulldowns

4×12,10,8, 6

Wide Grip Pull Ups

4×8

Hammer Strength Single Arm Pulls

3×12

Cardio Work:

Run 2-3 Miles

(Scale to Walk-Run Intervals)

Omni-Man Workout: Agility Workout

Being that we want to be fast enough to be compared to The Flash, or potentially even race him, it seems only right we take a page out of his book and train like him.

Here's an agility workout right from [Kid Flash's Workout 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.

Onni-Man Workout Routine: Optional Additional Training Resources

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 \(Workout Included\)](#)

HIIT Resources:

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

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](#)