

FEITAN PORTOR 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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FEITAN PORTOR WORKOUT ROUTINE

Training Volume:

5 days per week

Explanation:

We're going to be utilizing 3 days of weight training to build our strength up to Feitan Portor levels, but within those strength days we're going to be incorporating some mini HIIT circuits for endurance and speed as well and then also utilizing a minimum of 2 days of endurance work throughout the week as well.

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.

Feitan Portor Workout Routine: Sample Workout Schedule

Monday: Phantom Troupe Push Day and HIIT

Tuesday: Spider Endurance Training

Wednesday: Phantom Troupe Pull Day and HIIT

Thursday: Royal Guard Shoulders, Traps and Stretching

Friday: Spider Endurance Training

Saturday: Optional Additional Training with Resources

Sunday: Rest Day

Feitan Portor Workout Routine: Phantom Troupe Push Day and HIIT

Warm Up:

Run 800m

Workout:

Incline Bench Press

3×12, 10, 8

Overhead Press

3×12, 10, 8

Dips

3×15

HIIT Circuit: Complete 3 Rounds

15 Kettlebell Swings

12 Explosive Push Ups

10 Overhead DB Tricep Extensions

8 Standing Incline Chest Flyes

5 Standing Dumbbell Shoulder Front Raises

Feitan Portor Workout Routine: Spider Endurance Training

For your Spider Endurance Training we're going to be running.

You have the option to substitute this with rowing, swimming, biking and other methods, or you can even substitute some extra HIIT training with resources I provide below.

Run Based On Your 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 \(Workout Included\)](#)

Alternative Training HIIT Resources:

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

Feitan Portor Workout Routine: Phantom Troupe Pull Day and HIIT

Warm Up:

Run 800m

Workout:

Deadlifts

3×12, 10, 8

Preacher Curls

3×12, 10, 8

Chin Ups

3×10

HIIT Circuit: Complete 3 Rounds

15 Bent Over Dumbbell Rows

12 Wide Push Ups

10 Alternating Dumbbell Curls

8 Wide Grip Pull Ups

5 Renegade Row Push Ups

Feitan Portor Workout Routine: Spider Endurance Training

For your Spider Endurance Training we're going to be running.

You have the option to substitute this with rowing, swimming, biking and other methods, or you can even substitute some extra HIIT training with resources I provide below.

Run Based On Your Fitness Level:

Beginner: 1-3 Miles

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Alternative Training HIIT Resources:

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- [Jump Rope Workout Database](#)

Feitan Portor Workout Routine: Phantom Troupe Leg Day and HIIT

Warm Up:

Run 800m

Workout:

Back Squats

3×12, 10, 8

Leg Press

3×12, 10, 8

Hamstring Curls

3×12, 10, 8

HIIT Circuit: Complete 3 Rounds

15 Goblet Squats

12 Weighted Lunges (total)

10 Bulgarian Split Squats (each leg)

8 Glute Bridges

Feitan Portor 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](#)

MMA Training Resources

- [Anna Diop Workout Routine and Diet Plan](#)
- [Ryan Potter Workout Routine and Diet Plan](#)
- [Frank Grillo Boxing Workout](#)
- [Deathstroke Workout Routine](#)
- [Daredevil Workout Routine](#)
- [Moon Knight Workout Routine](#)
- [Sagat Workout Routine](#)