

SHAIPOUF WORKOUT ROUTINE



Bonus PDF File
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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 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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SHAIPOUF WORKOUT ROUTINE

Training Volume:

5 days per week

Explanation:

We're going to be utilizing 3 days of strength training with a short run and then 2 days of longer endurance training that you can choose to alter to alternative endurance work if you'd prefer to not continue working on your running endurance.

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.

Shaipouf Workout Routine: Sample Workout Schedule

Monday: Butterfly Push Strength

Tuesday: Royal Guard Endurance Training

Wednesday: Butterfly Pull Strength

Thursday: Royal Guard Endurance Training

Friday: Butterfly Leg Strength

Saturday: Optional Additional Training with Resources

Sunday: Rest Day

Shaiapouf Workout Routine: Butterfly Push Strength

Warm Up:

Run/Walk 1 Mile

Workout:

Incline Dumbbell Bench Press

3×12, 10, 8

Reverse Cable Pushdowns

3×12, 10, 8

Overhead Press

3×12, 10, 8

Decline Push Ups

3×30

Hang Cleans

3×10

Dips

3×15

Shaiapouf Workout Routine: Royal Guard Endurance Training

Warm Up:

25 High Knees

25 Butt Kicks

Workout:

Beginner Level: 1-3 Mile Run

Intermediate Level: 3-5 Mile Run

Advanced Level: 5+ Mile Run

Alternative Training Methods: Complete 30-60 Minutes

- Bike
- Elliptical
- StairMaster
- Row Machine

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 \(Workout Included\)](#)

Shaipouf Workout Routine: Butterfly Pull Strength

Warm Up:

Run/Walk 1 Mile

Workout:

Deadlifts

3×12, 10, 8

Bent Over Rows

3×12, 10, 8

High Cable Curls

3×12, 10, 8

Wide Push Ups

3×30

Chin Ups

3×10

Sit Ups

3×30

Shaiapouf Workout Routine: Royal Guard Endurance Training

Warm Up:

25 High Knees

25 Butt Kicks

Workout:

Beginner Level: 1-3 Mile Run

Intermediate Level: 3-5 Mile Run

Advanced Level: 5+ Mile Run

Alternative Training Methods: Complete 30-60 Minutes

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Shaipouf Workout Routine: Butterfly Push Strength

Warm Up:

Run/Walk 1 Mile

Workout:

Back Squats

3×12, 10, 8

Leg Press

3×12, 10, 8

Glute Bridges

3×12, 10, 8

Seated Calf Raises

3×30

Bulgarian Split Squats

3×10

Hanging Leg Raises

3×30

Shaiapouf Workout Routine: Optional Additional Training Resources

HIIT Training Resources:

- [The Best HIIT Workouts](#)
- [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](#)

Main MMA Training Resources

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

Other MMA Training Resources:

- [Deathstroke Workout Routine](#)

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