

SILVA ZOLDYCK 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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SILVA ZOLDYCK WORKOUT ROUTINE

Training Volume:

5 days per week

Explanation:

We're going to use 4 days of strength training resembling a mix of bodybuilding and powerlifting techniques paired with high intensity (or MMA) finishers and then one day midweek devoted to some endurance 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 & traditional pyramid training, straight sets, super sets, progressive overload and more.

Silva Zoldyck Workout Routine: Sample Workout Schedule

Monday: Head of Zoldyck Assassins Chest and Triceps

Tuesday: Head of Zoldyck Assassins Legs, Calves and Core

Wednesday: Assassin Endurance Building

Thursday: Head of Zoldyck Assassins Back and Biceps

Friday: Head of Zoldyck Assassins Shoulders, Traps and Core

Saturday: Optional Additional Training with Resources

Sunday: Rest Day

Silva Zoldyck Workout Routine: Head of Zoldyck Assassins Chest and Triceps

Warm Up:

10 Minutes Incline Walk

Workout:

Barbell Chest Press

5×5

Weighted Dips

4×8

Superset:

A. Tricep Cable Pushdowns with Rope

3×10

B. Tricep Cable Overhead Extension with Rope

3×10

Superset Two:

A. Incline Dumbbell Bench Press

3×10

B. Incline Dumbbell Chest Flys

3×10

HIIT Finisher:

Complete 3 Rounds

30 Push Ups

20 Standing Incline Chest Flys

10 Inch Worms

**Silva Zoldyck Workout Routine: Head of Zoldyck Assassins
Legs, Calves and Core**

Warm Up:

10 Minutes Incline Walk

Workout:

Back Squats

5×5

Weighted Lunges

4×8 each leg

Superset:

A. Leg Press

3×10

B. Calf Raises on Leg Press

3×10

Tri-Set:

A. Sit Ups

3×20

B. Lying Leg Raises

3×20

C. Plank Hold

3×60 Seconds

Optional MMA Training:

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](#)

Silva Zoldyck Workout Routine: Assassin Endurance Building

Warm Up:

25 Jumping Jacks

25 High Knees

25 Butt Kicks

Complete 4 Rounds:

800m Run

25 Decline Push Ups

20 Alternating Pistol Squats

15 Plank to Push Ups

10 Pull Ups

Silva Zoldyck Workout Routine: Head of Zoldyck Assassins Back and Biceps

Warm Up:

10 Minutes Incline Walk

Workout:

Deadlift

5×5

Bent Over Rows

4×8

Superset:

A. Wide Grip Pulldowns

3×10

B. Hammer Curls

3×10 each arm

Superset Two:

A. Reverse Cable Flys

3×10

B. High Cable Curls

3×10

HIIT Finisher:

Complete 3 Rounds

30 Wide to Close Push Ups

20 Planking Alternating Knee Taps

10 Chin Ups

**Silva Zoldyck Workout Routine: Head of Zoldyck Assassins
Shoulders, Traps and Core**

Warm Up:

10 Minutes Incline Walk

Workout:

Overhead Dumbbell Press

5×5

Barbell Shrugs

4×8

Superset:

A. Hang Cleans

3×10

B. Lateral Raises

3×10

Tri-Set:

A. V-Ups

3×20

B. Hanging Leg Raises

3×20

C. Side Plank Holds

3×30 Seconds

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

Silva Zoldyck 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 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](#)