

# STING EUCLIFFE WORKOUT ROUTINE



Bonus PDF File  
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# STING EUCLIFFE WORKOUT ROUTINE

## Training Volume:

5 days per week

## Explanation:

We're going to be training with 4 days a week of cardio and weight training and then 1 day per week we'll be doing a longer circuit style high intensity workout that will help with both endurance and strength as well. You can also tack on MMA training or swap the HIIT training with the additional resources I provide at the end.

## 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.

## Sting Eucliffe Workout Routine: Sample Workout Schedule

**Monday:** Dragon Slayer Chest and Triceps

**Tuesday:** Dragon Slayer Legs and Core

**Wednesday:** Sabertooth Circuit

**Thursday:** Dragon Slayer Back and Biceps

**Friday:** Dragon Slayer Shoulders and Core

**Saturday:** Optional Additional Training with Resources

**Sunday:** Rest Day

## **Sting Eucliffe Workout Routine: Dragon Slayer Chest and Triceps**

### **Warm Up:**

Complete 20–30 Minutes of Varied Cardio:

- Treadmill Walk/Run
- Elliptical
- Row
- Bike
- StairMaster

### **Workout:**

Incline Dumbbell Bench Press

4×12

Seated Dumbbell Overhead Tricep Extension

4×12

Cable Flys

3×12

Cable Tricep Pushdowns with Rope

3×12

Weighted Dips

3×10

Close to Wide Push Ups

4×20

## **Sting Eucliffe Workout Routine: Dragon Slayer Legs and Abs**

### **Warm Up:**

Complete 20-30 Minutes of Varied Cardio:

- Treadmill Walk/Run
- Elliptical
- Row
- Bike
- StairMaster

## **Workout:**

Back Squats

4×12

Leg Press

4×12

Seated Calf Raises

3×12

Hamstring Kickbacks

3×12

Cable Pullthroughs

3×20

Hanging Leg Raises

3×20

## **Sting Eucliffe Workout Routine: Sabretooth Circuit**

**Complete 3 Rounds**

Run 400m

20 Kettlebell Swings

15 Pull Ups

10 Kettlebell Goblet Squats

5 Alternating Kettlebell Deadlifts each arm

## **Sting Eucliffe Workout Routine: Dragon Slayer Back and Biceps**

### **Warm Up:**

Complete 20–30 Minutes of Varied Cardio:

- Treadmill Walk/Run
- Elliptical
- Row
- Bike
- StairMaster

### **Workout:**

Deadlifts

4×12

Preachers Curls

4×12

Reverse Cable Flys

3×12

Alternating Hammer Curls

3×10 each arm

Chin Ups

3×10

Cable Rows

3×15

## **Sting Eucliffe Workout Routine: Dragon Slayer Shoulders and Abs**

### **Warm Up:**

Complete 20–30 Minutes of Varied Cardio:

- Treadmill Walk/Run
- Elliptical
- Row
- Bike
- StairMaster

### **Workout:**



Overhead Press

4×12

Barbell Shrugs

4×12

Shoulder Front Raises (Dumbbell or Cable)

3×12

Lateral Raises

3×12

Sit Ups with Twist

4×20

Hanging Knee Raises with Twist

4×20

## **Sting Eucliffe Workout Routine: Optional Additional Training Resources**

### **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](#)

### **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](#)

