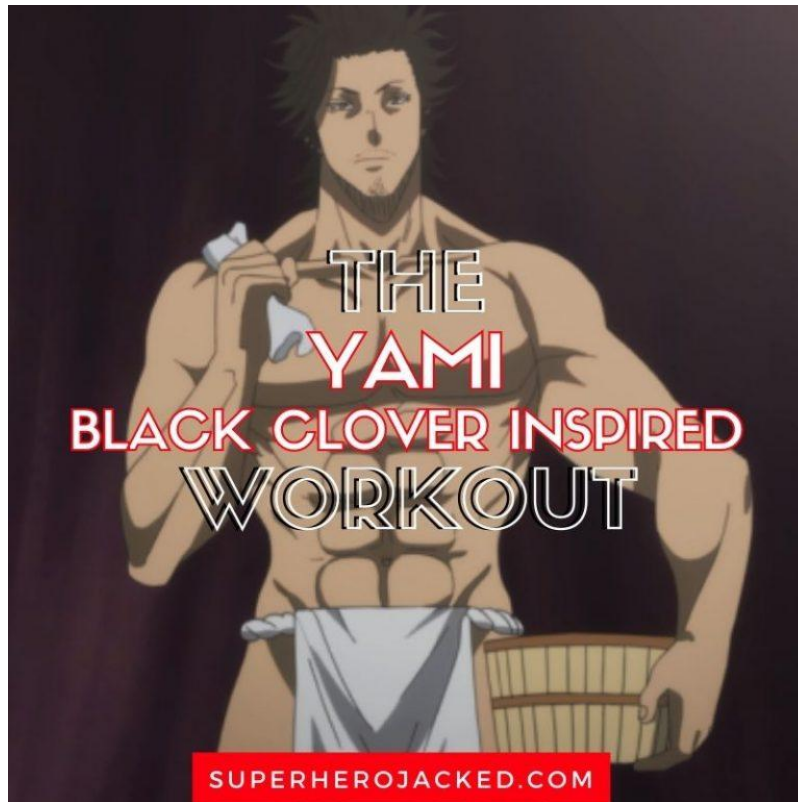


YAMI WORKOUT ROUTINE



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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YAMI WORKOUT ROUTINE

Training Volume:

5 days per week

Explanation:

To train to become Yami we're going to be using a bro-split and training 4 days with weights and then 1 day of mandatory endurance and potentially 1 extra day devoted to either more endurance, or some of our optional training with MMA, HIIT and other resources I'll provide.

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.

Yami Workout Routine: Sample Workout Schedule

Monday: Black Bull Chest and Triceps

Tuesday: Black Bull Legs and Calves

Wednesday: Captain Endurance Training

Thursday: Black Bull Back and Biceps

Friday: Black Bull Shoulders and Traps

Saturday: Optional Additional Training with Resources

Sunday: Rest Day

Yami Workout Routine: Black Bull Chest and Triceps

Warm Up:

10 Minute Walk/Run

Workout:

Bench Press

4×10, 5, 5, 5

Weighted Dips

4×5

Tricep Cable Pushdowns with EZ Bar

3×10

Chest Flys

3×10

Incline Press

3×10

Standing Overhead Tricep Extension

3×10

Yami Workout Routine: Black Bull Legs and Calves

Warm Up:

10 Minute Walk/Run

Workout:

Back Squat

4×10,5, 5, 5

Leg Press

4×5

Seated Calf Raises

3×10

Hamstring Curls

3×10

Quad Extensions

3×10

Cable Crunches

3×20

Hanging Knee Raises

3×20

Yami Workout Routine: Captain Endurance Training

Warm Up:

- Walk/Jog 10 Minutes

Sprint Session: 20 Minutes

- One Minute ON: 60 Second Sprint
- One Minute OFF: 60 Second Walk
- Rinse and Repeat for 20 Minutes Total

Endurance Finisher: 30 Minutes

- Run 3 Minutes
- Walk 2 Minute

- Rinse and Repeat for 30 Minutes Total

Yami Workout Routine: Black Bull Back and Biceps

Warm Up:

10 Minute Walk/Run

Workout:

Deadlift

4×10,5, 5, 5

Bent Over Rows

4×5

Straight Arm Pulldowns

3×10

Cable Rows

3×10

Reverse Cable Flyes

3×10

Wide Grip Lateral Pulldowns

3×10

Yami Workout Routine: Black Bull Shoulders and Traps

Warm Up:

10 Minute Walk/Run

Workout:

Overhead Press

4×10,5, 5, 5

Barbell Shrugs

4×12

Lateral Raises

3×10

Power Cleans

3×10

Upright Rows

3×10

Sit Ups

3×20

Lying Leg Raises

3×20

Yami Workout Routine: Optional Additional Training Resources

HIIT Training Resources:

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

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 \(Workout Included\)](#)

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](#)