

# HERO KILLER: STAIN WORKOUT ROUTINE



Bonus PDF File  
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# HERO KILLER: STAIN WORKOUT ROUTINE

## Training Volume:

5+ days per week

## Explanation:

This one is going to be similar to the structure we used for Madara Uchiha's Inspired Workout this week as well in the sense that we'll be using 3 days of full body workouts and 2 days of long endurance/strength circuits. The difference is in this one we'll be using more typical weightlifting. I'll also be giving you the same bonus resources for mixed martial arts, parkour, endurance and HIIT that I shared for Madara.

## 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.

## Stain Workout Routine: Sample Workout Schedule

**Monday:** Hero Killer Full Body A

**Tuesday:** Stain Super Circuit A

**Wednesday:** Hero Killer Full Body B

**Thursday:** Stain Super Circuit B

**Friday:** Hero Killer Full Body C

**Saturday:** Optional Bonus Training Day

**Sunday:** Rest Day

## **Stain Workout Routine: Hero Killer Full Body A**

### **Warm Up:**

800M Jog

### **Workout:**

Superset One:

A. Dumbbell Incline Bench Press

3×10

B. Dumbbell Skull Crushers

3×10

Superset Two:

A. Leg Press

3×10

B. Calf Raises on Leg Press

3×10

Superset Three:

A. Cable Rows

3×10

B. Standing Alternating Dumbbell Curls

3×10 each arm

Superset Four:

A. Arnold Press

3×10

B. Kettlebell Swings

3×10

## **Stain Workout Routine: Stain Super Circuit A**

**Warm Up:**

2×50 Jumping Jacks

## **Circuit: Complete 5 Rounds**

20 Clap Push Ups

15 V-Ups

10 Burpees

15 Dips

20 Jumping Lunges

15 Sit Ups

10 Plank to Push Ups

## **Stain Workout Routine: Hero Killer Full Body B**

### **Warm Up:**

800M Jog

### **Workout:**

Superset One:

A. Chest Flyes

3×10

B. Cable Pushdowns

3×10

Superset Two:

A. Goblet Squats

3×10

B. Seated Calf Raises

3×10

Superset Three:

A. Wide Grip Pulldowns

3×10

B. Chin Ups

3×10

Superset Four:

A. Standing Dumbbell Front Raises

3×10

B. Hanging Leg Raises

3×20

## **Stain Workout Routine: Stain Super Circuit B**

### **Warm Up:**

2×50 Jumping Jacks

### **Circuit: Complete Two Rounds**

Run 800m

50 Alternating Single Arm Dumbbell Snatches

25 Leg Raises

50 Dumbbell Clean to Press

25 V-Ups

50 Dumbbell Thrusters

## **Stain Workout Routine: Hero Killer Full Body C**

### **Warm Up:**

800M Jog

### **Workout:**

Superset One:

A. Chest Dips



3×15

B. Seated Dumbbell Overhead Extension

3×10

Superset Two:

A. Hamstring Curls

3×10

B. Quad Extensions

3×10

Superset Three:

A. Deadlifts

3×10

B. Hammer Curls

3×10 each arm

Superset Four:

A. Upright Rows

3×10

B. Sit Ups

3×20

## Hero Killer: Stain Workout Routine: Bonus Training Resources

### MMA Training Resources:

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

### Parkour Training Resources

- [The Nightrunner Parkour Workout Routine](#)
- [The Assassin's Creed Parkour Workout Routine](#)
- [The Robbie Amell Parkour Workout Routine](#)

### HIIT Resources:

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