

MEREOLEONA VERMILLION 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.

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MEREOLEONA VERMILLION WORKOUT ROUTINE

Training Volume:

5 days per week

Explanation:

We're going to be training 2 days a week with upper and lower weight training, 2 days a week with full body HIIT calisthenics and weight training, and then one day per week devoted to endurance work with a long distance run.

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 & tradition pyramid training, straight sets, super sets, progressive overload and more.

Mereoleona Vermillion Workout Routine: Sample Workout Schedule

Monday: Noblewoman HIIT Circuit A

Tuesday: Fire Magic Upper Body

Wednesday: Clover Kingdom Long Distance Endurance Work

Thursday: Fire Magic Lower Body

Friday: Noblewoman HIIT Circuit B

Saturday: Optional Additional Training with Resources

Sunday: Rest Day

Mereoleona Vermillion Workout Routine: Noblewoman HIIT Circuit A

Warm Up:

400m Run

25 Jumping Jacks

25 High Knees

25 Butt Kicks

Workout: Complete 4 Rounds

400m Run

30 Single Arm Alternating Dumbbell Snatches (15 each arm)

25 Push Ups

20 Kettlebell Goblet Squats

15 Plank to Push Ups

10 Box Jumps

Mereoleona Vermillion Workout Routine: Fire Magic Upper Body

Warm Up:

10 Minute Walk/Jog

Workout:

Incline Dumbbell Bench Press

3×12, 10, 8

Seated Dumbbell Arnold Press

3×12, 10, 8

Seated Tricep Overhead Extension (Dumbbell)

3×12, 10, 8

Kettlebell Swings

3×10

Bent Over Barbell Rows

3×10

Inch Worm to Push Ups

3×10

Mereoleona Vermillion Workout Routine: Clover Kingdom Long Distance Endurance Work

Run Based on Overall Fitness Level:

Beginner: 1-3 Miles

Intermediate: 3-5 Miles

Advanced: 5+ Miles

Endurance Work 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 Continue Training After Your First 5K \(Workout Included\)](#)

Mereoleona Vermillion Workout Routine: Fire Magic Lower Body

Warm Up:

10 Minute Walk/Jog

Workout:

Back Squats

3×12, 10, 8

Convention Deadlifts

3×12, 10, 8

Leg Press

3×12, 10, 8

Leg Curls

3×10

Back Extensions

3×10

Seated Calf Raises

3×10

**Mereoleona Vermillion Workout Routine: Noblewoman HIIT
Circuit B**

Warm Up:

400m Run

25 Jumping Jacks

25 High Knees

25 Butt Kicks

Workout: Complete 5 Rounds

10 Close to Wide Push Ups

30 Second Right Side Plank Hold

10 Lateral Raises

30 Second Hollow Hold

10 Glute Bridges

30 Second Superman Hold

10 Curl to Press

30 Second Left Side Plank Hold

10 Sit Ups

Mereoleona Vermillion 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](#)