

MT. LADY 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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MT. LADY WORKOUT ROUTINE

Training Volume:

4 days per week

Explanation:

The main bulk of this routine is going to be training for power with weight training, but we'll also be working towards speed and endurance on our weightlifting days and I will provide optional additional training resources for you at the end of the regime.

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.

Mt. Lady Workout Routine: Sample Schedule

Monday: The Lurkers Pro Hero Chest and Tricep Day

Tuesday: The Lurkers Pro Hero Legs and Core Day

Wednesday: Pro Hero 23 Rest or Optional Training Day

Thursday: The Lurkers Pro Hero Back and Biceps Day

Friday: The Lurkers Pro Hero Shoulders and Core Day

Saturday: Pro Hero 23 Rest or Optional Training Day

Sunday: Rest Day

Mt. Lady Workout Routine: The Lurkers Pro Hero Chest and Tricep Day

Warm Up:

30-45 Minutes of Varied Cardio

Train in 15 -45 Minute Cycles using Different Cardio Machines/Training Styles

Workout:

Incline Dumbbell Bench Press

3×12, 10, 8

Tricep Cable Kickbacks

3×12, 10, 8 each arm

Superset:

A. Knee Push Ups (or Decline Push Ups to Scale Up)

3×20

B. Dips

3×10

Cable Chest Flys

3×10

Seated Tricep Extensions

3×10

Superset Finisher/Blowout:

A. Dumbbell Chest Press

3×10

B. Dumbbell Hex Press

3×Failure

Mt. Lady Workout Routine: The Lurkers Pro Hero Legs and Core Day

Warm Up:

30-45 Minutes of Varied Cardio

Train in 15 -45 Minute Cycles using Different Cardio Machines/Training Styles

Workout:

Back Squats

3×12, 10, 8

Weighted Glute Bridges

3×12, 10, 8

Superset:

A. Leg Press

3×12

B. Calf Raises on Leg Press

3×20

Hamstring Curls

3×10

Quad Extensions

3×10

Tri-Set Finisher/Blowout:

A. Sit Ups

3×20

B. Lying Leg Raises

3×20

C. Flutter Kicks

3×Failure

Mt. Lady Workout Routine: The Lurkers Pro Hero Back and Bicep Day

Warm Up:

30-45 Minutes of Varied Cardio

Train in 15 -45 Minute Cycles using Different Cardio Machines/Training Styles

Workout:

Deadlifts

3×12, 10, 8

Bent Over Rows

3×12, 10, 8

Superset:

A. Cable Back Flys

3×15

B. High Cable Curls

3×10 (each arm)

Preacher Curls

3×10

Wide Grip Cable Rows

3×10

Superset Finisher/Blowout:

A. Cable Pulldowns

3×10

B. Chin Ups

3×Failure

Mt. Lady Workout Routine: The Lurkers Pro Hero Shoulders and Core Day

Warm Up:

30-45 Minutes of Varied Cardio

Train in 15 -45 Minute Cycles using Different Cardio Machines/Training Styles

Workout:

Overhead Press

3×12, 10, 8

Upright Rows

3×12, 10, 8

Superset:

A. Kettlebell Swings

3×12

B. Barbell Shrugs

3×20

Hang Cleans

3×10

Dumbbell Front Raises

3×10

Tri-Set Finisher/Blowout:

A. Cable Crunches

3×20

B. Toes to Bar (or Knee to Elbow)

3×20

C. Bicycle Crunches

3×Failure

Mt. Lady Workout Routine: Optional Additional Training Resources

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 \(Workout Included\)](#)

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](#)

