

VADOS 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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VADOS WORKOUT ROUTINE

Training Volume:

6 days per week

Explanation:

We're going to be working around 4 days of weight training that revolve around trisets that will increase our heart rate and work on our muscle endurance while we're getting strong. You'll also have an optional endurance and HIIT day and can tack on a short run at the end of each workout if you'd like as well.

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.

Vados Workout Routine: Sample Workout Schedule

Monday: God-Like Chest, Triceps and Stretching

Tuesday: God-Like Legs, Core and Stretching

Wednesday: God-Level Endurance Work

Thursday: God-Like Shoulders, Traps and Stretching

Friday: God-Like Back, Biceps and Stretching

Saturday: Universe 6 Master Trainer Circuit

Sunday: Rest Day

Vados Workout Routine: God-Like Chest, Triceps and Optional Endurance Work

Warm Up:

100 Jump Rope Skips

Triset A:

A. Bench Press

3×10

B. Tricep Overhead Extension

3×10

C. Jump Rope

3×50

Triset B:

A. Chest Flyes

3×10

B. Tricep Kickbacks

3×10 each arm

C. Jump Rope

3×50

Triset C:

A. Push Ups

3×15

B. Dips

3×10

C. Jump Rope

3×50

Optional Endurance Work:

Run/Walk/Jog for 15-30 Minutes

Vados Workout Routine: God-Like Legs, Core and Optional Endurance Work

Warm Up:

100 Jump Rope Skips

Triset A:

A. Goblet Squats

3×10

B. Sit Ups

3×20

C. Jump Rope

3×50

Triset B:

A. Weighted Lunges

3×10 each leg

B. Lying Leg Raises

3×20

C. Jump Rope

3×50

Triset C:

A. Weighted Glute Bridges

3×15

B. V-Ups

3×10

C. Jump Rope

3×50

Optional Endurance Work:

Run/Walk/Jog for 15-30 Minutes

Vados Workout Routine: Extra Optional HIIT and or Endurance Training

For your endurance or HIIT days you have quite a few options.

You can utilize enforced endurance training that I will program for you based on your fitness level like we do with other workouts here at SHJ...OR you can do 45-60+ minutes of varied cardio (bike, treadmill, elliptical, stairs, row, swim, etc.)...OR you can even use the HIIT resources I'll provide.

I'll break it down in that order:

Option One – 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 \(Workout Included\)](#)

Option Two – Varied Cardio for 45-60 Minutes:

Split your cardio up however you'd like but complete 45-60+ minutes using:

- Treadmill Walk/Run
- Rower Machine
- StairMaster
- Elliptical
- Swim
- Bike

Option Three – Complete HIIT Training Using SHJ Resources:

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

Vados Workout Routine: God-Like Shoulders, Traps and Optional Endurance Work

Warm Up:

100 Jump Rope Skips

Triset A:

A. Overhead Press

3×10

B. Kettlebell Swings

3×10

C. Jump Rope

3×50

Triset B:

A. Upright Rows

3×10

B. Dumbbell Clean and Press

3×10

C. Jump Rope

3×50

Triset C:

A. Shrugs

3×20

B. Dumbbell Front Raises

3×10

C. Jump Rope

3×50

Optional Endurance Work:

Run/Walk/Jog for 15-30 Minutes

Vados Workout Routine: God-Like Back, Biceps and Optional Endurance Work

Warm Up:

100 Jump Rope Skips

Triset A:

A. Deadlift

3×10

B. Alternating Bicep Curls

3×10 each arm

C. Jump Rope

3×50

Triset B:

A. Bent Over Rows

3×10

B. Hammer Curls

3×10 each arm

C. Jump Rope

3×50

Triset C:

A. Lateral Raises

3×15

B. Chin Ups

3×10

C. Jump Rope

3×50

Optional Endurance Work:

Run/Walk/Jog for 15-30 Minutes

Vados Workout Routine: Universe 6 Master Trainer Circuit

Warm Up:

25 Jumping Jacks

25 High Knees

25 Butt Kicks

Workout: Complete for Time

1 Mile Run

Complete 5 Rounds:

400M Run

20 Push Ups

15 Sit Ups

12 Dips

10 Pull Ups

5 Burpees

Vados Workout Routine: Optional Additional Training Resources

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](#)

- [Sangat Workout Routine](#)