

ADAM [ROR] WORKOUT ROUTINE



Bonus PDF File
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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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ADAM [ROR] WORKOUT ROUTINE

Training Volume:

5 days per week

Explanation:

We're going to use 3 days of tri-set based, super intense calisthenics training days and then 2 days of different HIIT/Endurance days that will revolve around one day of HIIT that is purely endurance work and another that will involve calisthenics and core work.

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.

Adam Record of Ragnarok Workout Routine: Sample Schedule

Monday: Godly Calisthenics A

Tuesday: Original Man Calisthenics HIIT

Wednesday: Godly Calisthenics B

Thursday: Greatest Weapon Endurance Work

Friday: Godly Calisthenics C

Saturday: Optional Bonus Training Day

Sunday: Rest Day

Adam Record of Ragnarok Workout Routine: Godly Calisthenics A

Warm Up:

5-15 Minute Walk/Jog

Workout:

Tri-Set One:

A. Push Ups

3×20

B. Jumping Lunges

3×20

C. L-Sit Hold

3×30 Seconds

Tri-Set Two:

A. Dips

3×15

B. Hanging Knee Raises

3×15

C. Half Burpees

3×10

Tri-Set Three:

A. Chin Ups

3×10

B. Sit Ups

3×20

C. Glute Bridges

3×10

Adam Record of Ragnarok Workout Routine: Original Man Calisthenics HIIT

Warm Up:

25 Jumping Jacks

10 Lunges

25 High Knees

5 Burpees

Workout: Complete 3-5 Rounds

100 Boxer Skips

30 Clap Push Ups

20 Double Unders

10 Burpees

100 Boxer Skips

30 Jumping Lunges

20 Double Unders

10 Wall Climbs

Adam Record of Ragnarok Workout Routine: Godly Calisthenics B

Warm Up:

5-15 Minute Walk/Jog

Workout:

Tri-Set One:

A. Wide to Close Push Ups

3x20

B. Wide to Close Air Squats

3×20

C. Superman Hold

3×30 Seconds

Tri-Set Two:

A. Tricep Extensions

3×12

B. Reverse Crunches

3×20

C. Inch Worms

3×10

Tri-Set Three:

A. Pull Ups

3×10

B. Toes to Bar

3×20

C. Alternating Pistol Squats

3×10

Adam Record of Ragnarok Workout Routine: Greatest Weapon Endurance Work

Complete HIIT Sprints and Endurance Work as Follows:

- 5 Minute Warm Up Walk
- 30 Minute HIIT:
 - 1 Minute ON: Sprint for 60 Seconds
 - 1 Minute OFF: Walk for 60 Seconds
 - Repeat
- 10 Minute Cooldown Incline Walk

Alternative HIIT Training Resources:

- [HIIT Workout Variations](#)
- [Jump Rope Workouts](#)

Adam Record of Ragnarok Workout Routine: Godly Calisthenics C

Warm Up:

5-15 Minute Walk/Jog

Workout:

Tri-Set One:

A. Decline Push Ups

3×20

B. Box Jumps

3×10

C. Hollow Hold

3×30 Seconds

Tri-Set Two:

A. Plank to Push Ups

3×15

B. Bicycle Crunches

3×30

C. Flutter Kicks

3×50

Tri-Set Three:

A. Wide Grip Pull Ups

3×10

B. Wall Climbs

3×20

C. Plank Hold

3×Failure

Adam Record of Ragnarok 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](#)