

BATTLE BEAST 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.

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BATTLE BEAST WORKOUT ROUTINE

Training Volume:

6 days per week

Explanation:

For this one we're going to be lifting HEAVY. We'll still tack on some endurance work, but the main portion of this is going to be powerlifting and working around compound lifts. This is definitely not a beginner workout – so if you're not an experienced lifter I would recommend choosing one of the 1,000+ other workouts within our databases.

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.

Battle Beast Workout Routine: Sample Workout Schedule

Monday: Squats and Back Work

Tuesday: Deadlift and Bench Press

Wednesday: Superhuman Endurance Work

Thursday: Squats and Back Work

Friday: Deadlift and Bench Press

Saturday: Rest Day

Sunday: Active Rest Day

Battle Beast Workout Routine: Squats and Back

Heavy Work:

Back Squats

5×15, 10, 5, 5, 3

Bent Over Barbell Rows

4×10

Front Squats

4×10

Accessory Lifts:

Lateral Raises

3×10

Wide Grip Lateral Pulldowns

3×10

Weighted Chin Ups

3×10

Barbell Shrugs

3×15

Endurance Finisher:

Complete 20-45 Minutes of Varied Cardio

(Treadmill, Elliptical, Bike, Row, etc.)

Battle Beast Workout Routine: Deadlifts and Bench Press

Heavy Work:

Bench Press

5×15, 10, 5, 5, 3

Deadlift

5×15, 10, 5, 5, 3

Incline Dumbbell Press

3×12, 10, 8

Accessory Lifts:

Upright Rows

3×10

Seated Calf Raises

3×10

Chest Flyes

3×10

Reverse Grip Cable Pushdowns

3×10

Endurance Finisher:

Complete 20-45 Minutes of Varied Cardio

(Treadmill, Elliptical, Bike, Row, etc.)

Battle Beast Workout Routine: Recovery: Superhuman Endurance Work

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](#)

Battle Beast Workout Routine: Squats and Back

Heavy Work:

Back Squats

5×15, 10, 5, 5, 3

Bent Over Barbell Rows

4×10

Front Squats

4×10

Accessory Lifts:

Hamstring Curls

3×10

Quad Extensions

3×10

Single Arm KB Deadlift (Alternating)

3×10 each arm

Kettlebell Swings

3×10

Endurance Finisher:

Complete 20-45 Minutes of Varied Cardio

(Treadmill, Elliptical, Bike, Row, etc.)

Battle Beast Workout Routine: Deadlift and Bench Press

Heavy Work:

Deficit Deadlifts

4×5

Bench Press

5×15, 10, 5, 5, 3

Deadlift

5×15, 10, 5, 5, 3

Accessory Lifts:

Power Cleans

3×10

Incline Dumbbell Press

3×10

Preacher Curls

3×10

Tricep Cable Kickbacks

3×10 each arm

Endurance Finisher:

Complete 20-45 Minutes of Varied Cardio

(Treadmill, Elliptical, Bike, Row, etc.)

Battle Beast 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](#)
- [Sagat Workout Routine](#)