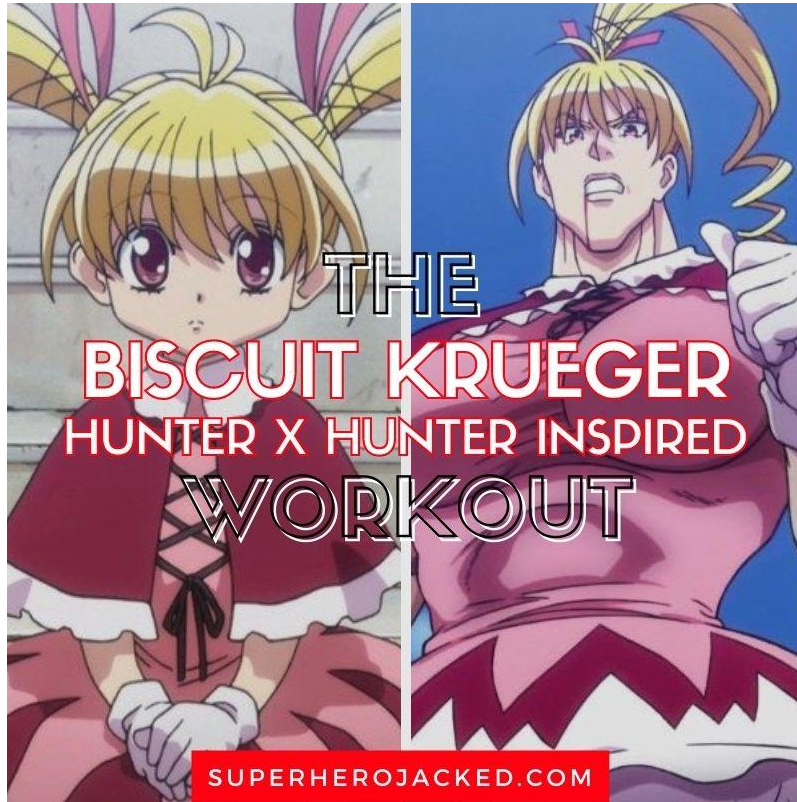


BISCUIT KRUEGER WORKOUT ROUTINE



Bonus PDF File
By: Mike Romaine

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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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BISCUIT KRUEGER WORKOUT ROUTINE

Training Volume:

5 days per week

Explanation:

We're training to unleash our inner Bisky and become a powerful Hunter! For that reason we will be focusing around strength and speed with heavy lifting, but I'll also be programming endurance work which we know you absolutely need to make a priority to become a Hunter.

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.

Biscuit Krueger Workout: Sample Workout Schedule

Monday: Bisky Bench, Accessory and Circuit

Tuesday: Bisky Deadlift, Accessory and Circuit

Wednesday: Hunter Endurance Training

Thursday: Bisky Overhead Press, Accessory and Circuit

Friday: Bisky Back Squats, Accessory and Circuit

Saturday: Optional Additional Training

Sunday: Rest Day

Biscuit Krueger Workout: Bisky Bench, Accessory and Circuit

Warm Up:

1600m Jog

Compound:

Bench Press

5×5

Workout:

Decline Hammer Strength

3×10

Close Grip Bench Press

3×10

Reverse Grip Cable Pushdowns

3×10

Weighted Dips

4×8

Plank to Push Ups

3×20

Circuit:

3 Round for Time:

Break 1 Minute Between Rounds

10 Double Unders

25 Incline Hex Press

20 Push Ups

15 Dips

10 Incline DB Press

Battle Ropes to Failure

Biscuit Krueger Workout: Bisky Deadlift, Accessory and Circuit

Warm Up:

1600m Jog

Compound:

Deadlift

5×5

Workout:

Bent Over Rows w/ Barbell

3×10

Barbell Shrugs

3×10

Dumbbell Shrugs (Or Machine)

3×10

Weighted Chin Ups

4×8

Preacher Curls

5×10

Circuit:

4 Round for Time:

Break 1 Minute Between Rounds

20 Lateral Pulldowns

20 Rows (Cable or 10 Each Arm w/ DB)

20 Straight Arm Pushdown

50 Meter Farmers Carry

Biscuit Krueger Workout Routine: Hunter 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](#)

Biscuit Krueger Workout: Bisky Overhead Press, Accessory and Circuit

Warm Up:

1600m Jog

Compound:

Overhead Press (Standing w/ Barbell)

5×5

Workout:

Seated Alternating DB Front Raise

3×10

EZ Bar or Barbell Upright Row

3×10

Hammer Straight Press LIGHT

3×10

Power Cleans

4×8

Lateral Raises

3×20

Circuit:

3 Round for Time:

Break 1 Minute Between Rounds

25 Kettlebell Swings

20 Thrusters w/ DB

15 Snatches w/ Bar

Push Ups to Failure

Biscuit Krueger Workout: Bisky Back Squat, Accessory and Circuit

Warm Up:

1600m Jog

Compound:

Back Squat

5×5

Workout:

Leg Press

3×10

Straight Leg Deadlift

3×10

Weighted Side Lunges

3×10

Seated Calf Raises

4×20

Barbell Step Ups

3×20 (10 Each Leg)

Circuit:

5 Round for Time:

Break 1 Minute Between Rounds

50 Meter Sled Push

20 Weighted Lunges (10 Each Leg)

20 Box Jumps

50 Meter Sled Pull

Biscuit Krueger 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](#)