

ERWIN SMITH 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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ERWIN SMITH WORKOUT ROUTINE

Training Volume:

3-5 days per week

Explanation:

For this one we're going to be working with 3 days of calisthenics training and then 2 days of endurance and circuit training. It's similar to what we've seen with some other AOT inspired workouts – but we'll be upping the intensity a bit for Erwin's ruthlessness.

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.

Erwin Smith Workout Routine: Sample Schedule

Monday: Survey Corps Calisthenics A

Tuesday: Survey Corps Endurance Training

Wednesday: Survey Corps Calisthenics B

Thursday: Commander Smith Circuit Challenge

Friday: Survey Corps Calisthenics C

Saturday: Optional Bonus Training Day

Sunday: Rest Day

Erwin Smith Workout Routine: Survey Corps Calisthenics A

Warm Up:

800M Run

Workout:

Superset:

A. Push Ups

3×20

B. High Knees

3×20

Superset Two:

A. Air Squats

3×20

B. Half Burpees

3×10

Superset Three:

A. Dips

3×15

B. Jumping Jacks

3×20

Superset Four:

A. Pull Ups

3×10

B. Hanging Leg Raises

3×20

Erwin Smith Workout Routine: Survey Corps 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](#)

Erwin Smith Workout Routine: Survey Corps Calisthenics B

Warm Up:

800M Run

Workout:

Superset:

A. Decline Push Ups

3×20

B. Inch Worms

3×10

Superset Two:

A. Glute Bridges

3×20

B. Box Jumps

3×10

Superset Three:

A. Plank to Push Ups

3×15

B. Sit Ups

3×20

Superset Four:

A. Chin Ups

3×10

B. Hanging Knee Raises with Twist

3×20

Erwin Smith Workout Routine: Commander Smith Circuit Challenge

Warm Up:

25 Jumping Jacks

25 High Knees

Workout: Complete 2 Rounds for Time

800M Run

20 Close to Wide Push Ups

20 Sit Ups with Twist

20 Plank to Push Ups

20 Close to Wide Squats

20 Pike Push Ups

Erwin Smith Workout Routine: Survey Corps Calisthenics C

Warm Up:

800M Run

Workout:

Superset:

A. Clap Push Ups

3×20

B. Mountain Climbers

3×20

Superset Two:

A. Jumping Lunges

3×20

B. Wall Sit

3×Failure

Superset Three:

A. Tricep Extension

3×15

B. V-Ups

3×20

Superset Four:

A. Wide Grip Pull Ups

3×10

B. Superman Hold

3×30 Seconds

Erwin Smith 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](#)