

# GENOS 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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# GENOS WORKOUT ROUTINE

## Training Volume:

4+ days per week

## Explanation:

The basis of this routine will come in the four days of weightlifting with some built in small endurance work, but I'm also including two days of optional endurance training along with some resources for other optional hero training.

## 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.

## Genos Workout Routine: Sample Schedule

**Monday:** S-Class Chest, Triceps and Circuit

**Tuesday:** S-Class Legs, Calves, Core and Endurance

**Wednesday:** Saitama Disciple Endurance Work

**Thursday:** S-Class Shoulders, Traps, Core and Endurance

**Friday:** S-Class Back, Biceps and Circuit

**Saturday:** Saitama Disciple Endurance Work

**Sunday:** Rest Day

## **Genos Workout Routine: S-Class Chest, Triceps and Circuit**

### **Warm Up:**

800M Jog

### **Workout:**

Bench Press

4×10, 8, 5, 3

Reverse Cable Tricep Pushdowns

3×12, 10, 8

Incline Cable Flys

3×12, 10, 8

Weighted Dips

3×10

Tricep Cable Kickbacks

3×10 each arm

**Circuit: Complete 3 Rounds**

20 Push Ups

15 Plank to Push Ups

10 Tricep Overhead Extensions

5 Burpees

**Genos Workout Routine: S-Class Legs, Calves, Core and Endurance**

**Warm Up:**

10 Minute Walk

**Workout:**

Back Squats

4×10, 8, 5, 3

Leg Press

3×12, 10, 8

Calf Raises

3×12, 10, 8

Sit Ups

3×20

Lying Leg Raises

3×20

**Endurance Work:**

Run 2-3 Miles

## **Genos Workout Routine: Saitama Disciple 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](#)

# **Genos Workout Routine: S-Class Shoulders, Traps, Core and Endurance**

## **Warm Up:**

10 Minute Walk

## **Workout:**

Overhead Press

4×10, 8, 5, 3

Barbell Shrugs

3×12, 10, 8

Dumbbell Front Raises

3×12, 10, 8

Cable Crunches

3×20

Toes to Bar

3×20

## **Endurance Work:**



Run 2-3 Miles

## **Genos Workout Routine: S-Class Back, Biceps and Circuit**

### **Warm Up:**

800M Jog

### **Workout:**

Deadlifts

4×10, 8, 5, 3

Wide Grip Cable Rows

3×12, 10, 8

Reverse Cable Flys

3×12, 10, 8

Cable Hammer Curls

3×10

Weighted Wide Grip Pull Ups

3×5-10

**Circuit: Complete 3 Rounds**

30 Second Superman Hold

20 Close to Wide Push Ups

10 Chin Ups

20 Mountain Climbers

30 Second Plank Hold

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- Bike

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## **Genos 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](#)