

SILVERS RAYLEIGH 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.

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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SILVERS RAYLEIGH WORKOUT ROUTINE

Training Volume:

5 days per week

Explanation:

We're going to be training with four days of weightlifting, one day of long distance cardio, and mini circuits and short cardio sessions after each lifting session. If you want to cut the long distance cardio for some extra rest to let your muscles grow, that would be the day to cut.

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.

Silvers Rayleigh Workout Routine: Sample Schedule

Monday: Dark King Chest, Triceps and Cardio

Tuesday: Dark King Legs, Calves and Mini-Circuit

Wednesday: Pirate Long Distance Stamina Training

Thursday: Dark King Shoulders, Traps and Mini-Circuit

Friday: Dark King Back, Biceps and Cardio

Saturday: Rest or Optional Additional Work

Sunday: Rest Day

Silvers Rayleigh Workout Routine: Dark King Chest, Triceps and Cardio

Warm Up:

5-10 Minute Incline Walk

Workout:

Incline Dumbbell Bench Press

4×12, 10, 8, 6

Tricep Cable Pushdowns

4×15, 12, 10, 8

Dumbbell Chest Flys

3×12, 10, 8

Tricep Kickbacks

3×12, 10, 8 each arm

Triset:

A. Hex Press

3×12

B. Push Ups

3×20

C. Dips

3×15

Cardio:

Complete 15-30 Minutes of Varied Cardio

Silvers Rayleigh Workout Routine: Dark King Legs, Calves and Mini-Circuit

Warm Up:

2×25-50 Jump Rope or Jumping Jacks

2×25-50 High Knees

Workout:

Back Squat

4×12, 10, 8, 6

Leg Press

4×15, 12, 10, 8

Seated Calf Raises

3×12, 10, 8

Hamstring Curls or Kickbacks

3×12, 10, 8

Triset:

A. Goblet Lunges

3×10 each leg

B. Weighted Glute Bridges

3×20

C. Alternating Pistol Squats

3×5 each leg

Mini-Circuit: Complete 2 Rounds

400M Run

25 Kettlebell Swings

20 Goblet Squats

10 Sumo Deadlift High Pulls

Silvers Raleigh Workout Routine: Pirate Long Distance Stamina 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](#)

Silvers Rayleigh Workout Routine: Dark King Shoulders, Traps and Mini-Circuit

Warm Up:

2×25-50 Jump Rope or Jumping Jacks

2×25-50 High Knees

Workout:

Military Press

4×12, 10, 8, 6

Barbell Shrugs

4×15, 12, 10, 8

Power Cleans

3×12, 10, 8

Dumbbell Front Raises

3×12, 10, 8

Triset:

A. Dumbbell Shrugs

3×10

B. Curl to Press

3×10

C. Clap Push Ups

3×20

Mini-Circuit: Complete 4 Rounds

100M Run

30 Mountain Climbers

20 Alternating Dumbbell Snatches (Total)

10 Half Burpees

Silvers Rayleigh Workout Routine: Dark King Back, Biceps and Cardio

Warm Up:

5-10 Minute Incline Walk

Workout:

Deadlift

4×12, 10, 8, 6

Standing Alternating Dumbbell Curls

4×15, 12, 10, 8 each arm

Bent Over Rows

3×12, 10, 8

Seated Concentration Curls

3×12, 10, 8 each arm

Triset:

A. Wide Grip Pulldowns

3×12

B. Wide to Close Push Ups

3×20

C. Chin Ups

3×Failure

Cardio:

Complete 15-30 Minutes of Varied Cardio

Silver Rayleigh 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](#)