

# THE IMMORTAL WORKOUT ROUTINE



Bonus PDF File  
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# THE IMMORTAL WORKOUT ROUTINE

## Training Volume:

5 days per week

## Explanation:

For this one we're going to be training with weights five days a week and then adding in HIIT circuits, endurance work and extra core work on top of certain days for a full split.

## 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.

## The Immortal Workout Routine: Sample Schedule

**Monday:** Chest and Endurance Work

**Tuesday:** Legs and Core

**Wednesday:** Biceps, Triceps and HIIT Workout

**Thursday:** Shoulders and Core

**Friday:** Back and Endurance Work

**Saturday:** Optional Bonus Training Day

**Sunday:** Rest Day

## **The Immortal Workout Routine: Chest and Endurance Work**

### **Warm Up:**

5-10 Minute Incline Walk

### **Workout:**

Bench Press

4×12, 10, 8, 5

Incline Dumbbell Press

3×12, 10, 8

Incline Chest Flys

3×10

Chest Dips

3×10

Decline Cable Flys

3×10

**Endurance Work:**

Run 20-30 Minutes

**The Immortal Workout Routine: Legs and Core Work**

**Warm Up:**

5-10 Minute Incline Walk

**Workout:**

Back Squats

4×12, 10, 8, 5

Leg Press

3×12, 10, 8

Calf Raises (on Leg Press or Seated)

3×10

Hamstring Kickbacks or Curls

3×10

Quad Extensions

3×10

**Core Work:**

Weighted Sit Ups

3×25

Hanging Leg Raises

3×25

L-Sit Hold

3×30 Seconds

**The Immortal Workout Routine: Biceps, Triceps and HIIT  
Workout**

**Warm Up:**

5-10 Minute Incline Walk

**Workout:**

Preacher Curls

3×12, 10, 8

Overhead Tricep Extension

3×12, 10, 8

Alternating Dumbbell Hammer Curls

3×10 each arm

Cable Kickbacks

3×10 each arm

High Cable Curls

3×10

**HIIT Workout: Complete 3 Rounds**

Kettlebell Swings

3×25

Close to Wide Push Ups

3×20

Tricep Dips

3×15

Chin Ups

3×10

## **The Immortal Workout Routine: Shoulders and Core Work**

### **Warm Up:**

5-10 Minute Incline Walk

### **Workout:**

Overhead Press

4×12, 10, 8, 5

Alternating Dumbbell Front Raises

3×12, 10, 8

Barbell Shrugs

3×10

Upright Rows

3×10

Lateral Raises

3×10

### **Core Work:**



Cable Crunches

3×30

Hanging Knee Raises with Twist

3×30

Plank Hold

3×60 Seconds

## **The Immortal Workout Routine: Back and Endurance Work**

### **Warm Up:**

5-10 Minute Incline Walk

### **Workout:**

Deadlift

4×12, 10, 8, 5

Bent Over Barbell Rows

3×12, 10, 8

Wide Grip Cable Pulldowns

3×10

Wide Grip Pull Ups

3×10

Close Grip Cable Rows

3×10

### **Endurance Work:**

Run 20-30 Minutes

## **The Immortal Workout Routine: Optional Additional Training Resources**

### **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 \(Workout Included\)](#)

### **HIIT Training Resources:**

- [The Best HIIT Workouts](#)
- [Jump Rope Workout Database](#)

### **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](#)