

# THE MIZ WORKOUT ROUTINE



Bonus PDF File  
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# THE MIZ WORKOUT ROUTINE

## Training Volume:

4+ days per week

## Explanation:

The Miz says he does 4 days of weight training and 3 days of cardio training. Now, that doesn't mean he doesn't do them on the same days – but I'm going to be writing it up separately and you can always easily throw them together.

## 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 & tradition pyramid training, straight sets, super sets, progressive overload and more.

## The Miz Workout: Sample Schedule

**Monday:** The Miz Chest and Tricep Day

**Tuesday:** The Miz Legs and Core Day

**Wednesday:** The Miz Cardio Day

**Thursday:** The Miz Shoulders and Core Day

**Friday:** The Miz Back and Bicep Day

**Saturday:** The Miz Cardio Day

**Sunday:** Rest Day

## **The Miz Workout: Chest and Tricep Day**

### **Warm Up:**

5-10 Minute Incline Walk OR Add in Full Cardio Training

### **Workout:**

Bench Press

4×15, 12, 10, 8

Clap Push Ups

3×25

Close Grip Tricep Pushdowns

3×12

Cable Chest Flys

3×12, 10, 8

Tricep Overhead Extensions

3×12

Incline Hammer Strength Press

3×10

## **The Miz Workout: Legs and Core Day**

### **Warm Up:**

5-10 Minute Incline Walk OR Add in Full Cardio Training

### **Workout:**

Back Squats

4×15, 12, 10, 8

Leg Press

3×12

Calf Raises on Leg Press

3×20

Bulgarian Split Squats

3×12, 10, 8 each leg

Toes to Bar

3×15

Cable Crunches

3×20

## **The Miz Workout: Cardio Day**

The Miz says: ““Cardio meaning that I’m on a treadmill at a 10-degree incline at 3 MPH. I would also do 20 minutes at a time using a jump rope with 90 seconds on the rope and then 30 seconds off, and repeat, at a good pace. I’m not saying I flew through this thing, but it’s a fat burner!””

### **Treadmill Work:**

Incline walk at 3MPH for 30-60 Minutes

### **Jump Rope Work:**

Complete 10 Rounds of 90 Seconds Skipping, 30 Seconds Resting

## **The Miz Workout: Shoulders and Core Day**

### **Warm Up:**

5-10 Minute Incline Walk OR Add in Full Cardio Training

### **Workout:**

Overhead Press

4×15, 12, 10, 8

Lateral Raises

3×15

Hang Cleans

3×12

Barbell Shrugs

3×12, 10, 8

Sit Ups

3×25

Hanging Knee Raises with Twist

3×30

## **The Miz Workout: Back and Bicep Day**

### **Warm Up:**

5-10 Minute Incline Walk OR Add in Full Cardio Training

### **Workout:**

Deadlifts

4×15, 12, 10, 8

Chin Ups

3×10

Hammer Strength Rows

3×12

Standing Alternating Hammer Curls

3×12, 10, 8

High Cable Curls

3×12

Hammer Strength Pulldowns

3×10