

ZELDRIS 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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ZELDRIS WORKOUT ROUTINE

Training Volume:

5+ days per week

Explanation:

We're training around the son of The Demon King. We have our work cut out for us. We'll be training with four days of heavy weights which each finish with a short full body circuit and then one day per week we'll have a Ten Commandments circuit challenge.

If you're an [Academy](#) or member of one of our [90 Day Core Systems](#) the challenge can be swapped out for any of our Benchmark Hero Workouts within the member portal.

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.

Zeldris Workout Routine: Sample Schedule

Monday: Demon King Chest, Triceps and Full Body Finisher

Tuesday: Demon King Back, Biceps and Full Body Finisher

Wednesday: Ten Commandments Circuit Challenge

Thursday: Demon King Legs, Calves and Full Body Finisher

Friday: Demon King Shoulders, Traps and Full Body Finisher

Saturday: Optional Bonus Training Day

Sunday: Rest Day

Zeldris Workout Routine: Demon King Chest, Triceps and Full Body Finisher

Warm Up:

10-20 Min Walk/Run

Workout:

Bench Press

4×15, 12, 10, 8

Close Grip Bench Press

3×12, 10, 8

Tri-Set:

A. Incline Bench Press

3×10

B. Incline Hex Press

3×10

C. Incline Chest Flys

3×10

Tri-Set:

A. Tricep Cable Pushdowns

3×10

B. Tricep Cable Overhead Extensions

3×10

C. Tricep Cable Kickbacks

3×10

Full Body Finisher:

Complete 3 Rounds Descending Reps of 20-15-10

(First Round = 20, Second Round =15, Third Round = 10)

Push Ups

Double Unders

Dips

Zeldris Workout Routine: Demon King Back, Biceps and Full Body Finisher

Warm Up:

10-20 Min Walk/Run

Workout:

Deadlift

4×15, 12, 10, 8

Preacher Curls

3×12, 10, 8

Tri-Set:

A. Cable Rows

3×10

B. Wide Grip Cable Pulldowns

3×10

C. Straight Arm Standing Pulldowns

3×10

Tri-Set:

A. High Cable Curls

3×10

B. Hammer Cable Curls

3×10

C. Cable Bicep Curls

3xFailure

Full Body Finisher:

Complete 3 Rounds Descending Reps of 20-15-10

(First Round = 20, Second Round =15, Third Round = 10)

Wide Push Ups

Box Jumps

Chin Ups

Zeldris Workout Routine: Ten Commandments Circuit Challenge

Warm Up:

25 Jumping Jacks

25 High Knees

Workout: Complete 2 Rounds

10 Pull Ups

30 Deadlifts

30 Push Ups

30 Double Unders

30 Curl to Press

30 Hanging Leg Raises

30 Goblet Squats

10 Pull Ups

Zeldris Workout Routine: Demon King Legs, Calves and Full Body Finisher

Warm Up:

10-20 Min Walk/Run

Workout:

Back Squat

4×15, 12, 10, 8

Glute Bridges

3×12, 10, 8

Tri-Set:

A. Leg Press

3×10

B. Calf Raises on Leg Press

3×10

C. Wall Sit Hold

3×60 seconds

Tri-Set:

A. Wide to Close Goblet Squats

3×20

B. Weighted Lunges

3×20 (total)

C. Cable Pullthroughs

3×15

Full Body Finisher:

Complete 3 Rounds Descending Reps of 20-15-10

(First Round = 20, Second Round =15, Third Round = 10)

Pistol Squats

Half Burpees

Jump Squats

Zeldris Workout Routine: Demon King Shoulders, Traps and Full Body Finisher

Warm Up:

10-20 Min Walk/Run

Workout:

Overhead Press

4×15, 12, 10, 8

Dumbbell Front Raises

3×12, 10, 8

Tri-Set:

A. Upright Rows

3×10

B. Lateral Raises

3×10

C. Kettlebell Swings

3×15

Tri-Set:

A. Hang Cleans

3×10

B. Barbell Shrugs

3×10

C. Dumbbell Shrugs

3xFailure

Full Body Finisher:

Complete 3 Rounds Descending Reps of 20-15-10

(First Round = 20, Second Round =15, Third Round = 10)

Double Unders

Handstand Push Ups

Alternating Dumbbell Single Arm Snatches

Zeldris 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](#)