

CHANDLER 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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CHANDLER WORKOUT ROUTINE

Training Volume:

5+ days per week

Explanation:

For this one we're going to be working around 3 days of full body training that will also work on muscle endurance while building tons of strength with supersets, and then we'll also tack on a demon form circuit test and a day devoted to endurance as well.

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.

Chandler Workout Routine: Sample Workout Schedule

Monday: Demon Form Full Body A

Tuesday: Endurance Training and/or Additional HIIT Work

Wednesday: Demon Form Full Body B

Thursday: Demon Form Circuit Test

Friday: Demon Form Full Body C

Saturday: Optional Bonus Training Day

Sunday: Rest Day

Chandler Workout Routine: Demon Form Full Body A

Warm Up:

800M Jog

Workout:

Superset One:

A. Dumbbell Incline Bench Press

3×10

B. Dumbbell Skull Crushers

3×10

Superset Two:

A. Leg Press

3×10

B. Calf Raises on Leg Press

3×10

Superset Three:

A. Cable Rows

3×10

B. Standing Alternating Dumbbell Curls

3×10 each arm

Superset Four:

A. Arnold Press

3×10

B. Kettlebell Swings

3×10

Chandler Workout Routine: Endurance Training and/or Additional HIIT Work

For your endurance, HIIT or MMA/Parkour 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](#)

Chandler Workout Routine: Demon Form Full Body B

Warm Up:

800M Jog

Workout:

Superset One:

A. Chest Flyes

3×10

B. Cable Pushdowns

3×10

Superset Two:

A. Goblet Squats

3×10

B. Seated Calf Raises

3×10

Superset Three:

A. Wide Grip Pulldowns

3×10

B. Chin Ups

3×10

Superset Four:

A. Standing Dumbbell Front Raises

3×10

B. Hanging Leg Raises

3×20

Chandler Workout Routine: Demon Form Circuit Test

Warm Up:

25 Jumping Jacks

25 High Knees

25 Butt Kicks

Circuit: Complete Two Rounds

25 Pull Ups

50 Deadlifts @135

50 Push Ups

50 Box Jumps

50 Floor Wipers

50 Clean and Press @95

25 Pull Ups

Chandler Workout Routine: Demon Form Full Body C

Warm Up:

800M Jog

Workout:

Superset One:

A. Chest Dips

3×15

B. Seated Dumbbell Overhead Extension

3×10

Superset Two:

A. Hamstring Curls

3×10

B. Quad Extensions

3×10

Superset Three:

A. Deadlifts

3×10

B. Hammer Curls

3×10 each arm

Superset Four:

A. Upright Rows

3×10

B. Sit Ups

3×20

Chandler Workout Routine: Bonus 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](#)

