

DIANE 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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DIANE WORKOUT ROUTINE

Training Volume:

4+ days per week

Explanation:

We're going to be working with an Upper/Lower Body Split, two days of each per week, with endurance work and optional training added in on top of that.

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.

Diane Workout Routine: Sample Workout Schedule

Monday: Giant Upper Body and Curves A

Tuesday: Giant Lower Body and Curves A

Wednesday: Seven Deadly Sins Endurance or HIIT

Thursday: Giant Upper Body and Curves B

Friday: Giant Lower Body and Curves B

Saturday: Seven Deadly Sins Endurance or HIIT

Sunday: Mandatory Rest Day

Diane Workout Routine: Giant Upper Body and Curves A

Warm Up:

2×25 Jumping Jacks

2×25 High Knees

2×25 Butt Kickers

Workout:

Barbell Bench Press

3×8-12

Barbell Bent Over Rows

3×8-12

Seated Dumbbell Shoulder Press

3×8-12

Lat Pulldowns

3×8-12

Low Cable Chest Flyes

2×12-15

Dumbbell Curl

2×12-15

Overhead Dumbbell Tricep Extensions

2×12-15

Rope Cable Face Pulls

2×15-25

Diane Workout Routine: Giant Lower Body and Curves A

Warm Up:

2×25 Jumping Jacks

2×25 High Knees

2×25 Butt Kickers

Workout:

Back Squats

4×6-10

Glute Ham Raises

3×8-12

Alternating Forward Lunges

3×10-15 each leg

Lying Hamstring Curls

3×12-15

Standing Smith Machine Calf Raises

3×8-12

Blowout: 3 Rounds for Time

20 Double Unders

30 Second Wall Sit

10 Alternating Pistol Squats

30 Second Wall Sit

20 Double Unders

Rest 2 Min.

Diane Workout Routine: Seven Deadly Sins Endurance or HIIT

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](#)
- [Shao Khan Sledgehammer Workout](#)

Diane Workout Routine: Giant Upper Body and Curves B

Warm Up:

2×25 Jumping Jacks

2×25 High Knees

2×25 Butt Kickers

Workout:

Pull Ups

3×10

Incline Dumbbell Bench Press

3×8-12

Standing Barbell Push Press

3×8-12

Cable Lat Pullovers

3×10-15

Close to Wide Push-ups

3×10-20

EZ-Bar Bicep Curl

3×12-15

Dumbbell Tricep Kickbacks

3×12-15

Diane Workout Routine: Giant Lower Body and Curves B

Warm Up:

2×25 Jumping Jacks

2×25 High Knees

2×25 Butt Kickers

Workout:

Leg Press

3×8-12

Romanian Deadlift

3×8-12

Unilateral Dumbbell Shrug

3×8-15

Leg Extensions

3×12-15

Seated Machine Calf Raises

3×15-20

Hanging Leg Raises

4×20

Blowout: 3 Rounds for Time

20 Double Unders

30 Second Side Plank Right

20 Sit Ups

30 Second Side Plank Left

20 Double Unders

Rest 1 Min.

Diane 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](#)

- [Sangat Workout Routine](#)