

FAYE VALENTINE 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.

If you have any health issues or pre-existing conditions, please consult with your physician before implementing any of the information provided in this course.

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FAYE VALENTINE WORKOUT ROUTINE

Training Volume:

5 days per week

Explanation:

We'll be utilizing 3 days a week of calisthenics training with short varied cardio or sprints (if you really want to step it up) and then another 2 days devoted to endurance work or HIIT (which can be subbed for active rest)!

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.

Faye Valentine Workout Routine: Sample Workout Schedule

Monday: Upper Body Calisthenics and HIIT

Tuesday: Active Rest, Endurance Work or HIIT

Wednesday: Full Body Calisthenics and HIIT

Thursday: Active Rest, Endurance Work or HIIT

Friday: Lower Body Calisthenics and HIIT

Saturday: Active Rest Day

Sunday: Rest Day

Faye Valentine Workout Routine: Upper Body Calisthenics and HIIT

Warm Up:

Run 800m

Workout:

Tri-Set A:

A. Push Ups

3×20

B. Mountain Climbers

3×20

C. Half Burpees

3×10

Tri-Set B:

A. Chair Dips

3×20

B. Planking Shoulder Taps

3×20

C. Chin Ups or Pike Push Ups

3×10

Varied Cardio or HIIT Sprints:

Option One: Complete 15-30 Minutes of Varied Cardio

Options Include: Treadmill Incline Walk, Jog, Row, Swim, Bike, Elliptical, etc.

Option Two: Complete 15-30 Minutes of HIIT Sprints

Structure: One Minute ON: Sprint 60 Seconds, One Minute OFF: Walk 60 Seconds, Rinse and Repeat

Faye Valentine Workout Routine: Active Rest, Endurance Work 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](#)

Faye Valentine Workout Routine: Full Body Calisthenics and HIIT

Warm Up:

Run 800m

Workout:

Tri-Set A:

A. Close to Wide Push Ups

3×20

B. Lying Leg Raises

3×20

C. Alternating Pistol Squats

3×10 each leg

Tri-Set B:

A. Box Jumps

3×20

B. Sit Ups

3×20

C. Wall Climbs

3×10

Varied Cardio or HIIT Sprints:

Option One: Complete 15-30 Minutes of Varied Cardio

Options Include: Treadmill Incline Walk, Jog, Row, Swim, Bike, Elliptical, etc.

Option Two: Complete 15-30 Minutes of HIIT Sprints

Structure: One Minute ON: Sprint 60 Seconds, One Minute OFF: Walk 60 Seconds, Rinse and Repeat

Faye Valentine Workout Routine: Active Rest, Endurance Work 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

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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](#)

Faye Valentine Workout Routine: Lower Body Calisthenics and HIIT

Warm Up:

Run 800m

Workout:

Tri-Set A:

A. Air Squats

3×20

B. Standing Calf Raises

3×20

C. Glute Bridges

3×10

Tri-Set B:

A. Donkey Kicks

3×20 each leg

B. Fire Hydrants

3×20 each leg

C. Double Unders

3×20

Varied Cardio or HIIT Sprints:

Option One: Complete 15-30 Minutes of Varied Cardio

Options Include: Treadmill Incline Walk, Jog, Row, Swim, Bike, Elliptical, etc.

Option Two: Complete 15-30 Minutes of HIIT Sprints

Structure: One Minute ON: Sprint 60 Seconds, One Minute OFF: Walk 60 Seconds, Rinse and Repeat

Faye Valentine 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](#)
- [Sagat Workout Routine](#)