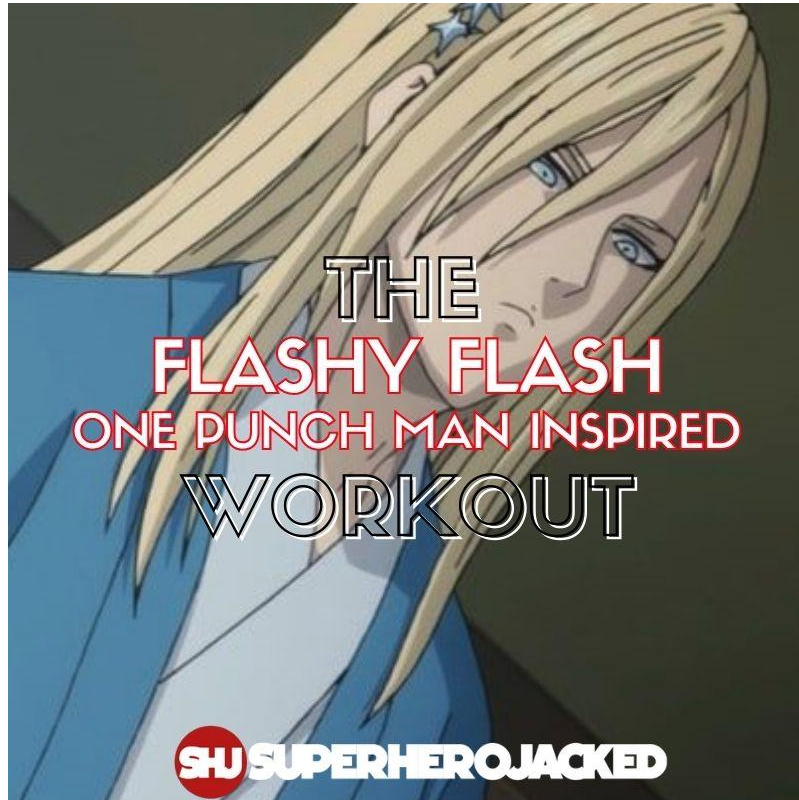


FLASHY FLASH WORKOUT ROUTINE



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.

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FLASHY FLASH WORKOUT ROUTINE

Training Volume:

5 days per week

Explanation:

For this one we're still going to be having some calisthenics training, but for the most part we'll be focusing in on endurance work that will build up to longer runs and speedier (quicker) times. For this we'll use some distance runs, timed runs, and circuits to get a full speedster regime.

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.

Flashy Flash Workout Routine: Sample Schedule

Monday: Long Distance Run Day

Tuesday: Full Recovery Run Day and Short Circuit

Wednesday: Big Circuit Workout

Thursday: Speed Circuit with Core Circuit Finisher

Friday: Short Distance Run [For Time] and Short Circuit

Saturday: Active Rest Day

Sunday: Mandatory Rest Day

Flashy Flash Workout Routine: Long Distance Run Day

Complete the Following Distances FOR TIME!

(Measure Your Time and Complete it For Speed, Looking to Improve Over Time)

Beginner: 3 Mile Run

Intermediate: 5 Mile Run

Advanced: 7-10+ Mile Run

Note that while these distances might seem daunting, it is okay to start by running and walking on and off to work your way up to a better score.

Break, run, break, run, and then the next time go out there and break a bit less!



Flashy Flash Workout Routine: Full Recovery Run Day

Complete the Following at Easy to Moderate Pace:

Beginner: 15 Minute Run/Walk/Jog

Intermediate: 20-30 Minute Run/Walk/Jog

Advanced: 30-60 Minute Run/Walk/Jog

Your recovery run revolves around getting out there and moving for the time listed.

You may be able to get out for a walk/run for 30-60 minutes as a beginner/intermediate if you plan on walking/speed walking for the majority of the duration to allow for more recovery – so keep in mind the time listed is more time spent RUNNING.

That being said: while it's okay to walk/speed walk, if you plan on doing it for the majority of the duration you should increase the time to 30-60 minutes at a minimum.

Short Circuit: Complete 3 Rounds

([Academy](#) members add on a Benchmark Hero Workout or SHJ Core Benchmark Test)

30 Decline Push Ups

20 Jumping Lunges

15 Plank to Push Ups

10 Wall Climbs

5 Burpees

Flashy Flash Workout Routine: BIG Circuit Workout

Warm Up:

Dynamic Warm Up

25 High Knees

25 Jumping Jacks

25 Butt Kicks

10 Lunges with 3-5 Second Hold

Workout: Complete 2 Rounds

800M Run

(The below movements can be broken down with small rests in between as you chip away at the total number)

50 Push Ups (Scale to Knee Push Ups)

50 Air Squats (Scale with Chair – Sit Down, Stand Up)

40 Sit Ups (Scale to Crunches)

40 Dips (Scale with Chair – Walk In or Out from Chair to Scale)

30 Second Hollow Hold

30 Second Superman Hold

20 Pull Ups (Scale to Assisted or Pike Push Ups)

20 Double Unders

Flashy Flash Workout Routine: Speed Run Circuit with Calisthenics

Complete the Following Speed Run Circuit Workout:

- Walk/Jog (Warm Up) for 5-10 Minutes
- **Begin Speed Circuit as Follows:**
 - Sprint 60 Seconds at 7-10+ MPH (90+% Effort)
 - Walk 60 Seconds at 2-3 MPH (-60% Effort)
 - Repeat for a Total of 30 Minutes
- Cooldown Incline Walk for 10-15 Minutes

Side Note: A good way to measure your improvement over time during your speed circuit is to pay attention to what speed your capable of performing your sprints at and which speed your comfortable with your walks at. Another great thing to do is measure your heart rate directly after your sprint and directly before the next sprint to see how quickly you recover and then compare that to future circuits.

Calisthenic Core Circuit: 2 Rounds

Complete Each Movement for 30 Seconds

Side Plank Right

Sit Ups

Hollow Hold

Lying Leg Raises

Plank Hold (60 Seconds)

Flutter Kicks

L-Sit Hold

V-Ups

Side Plank Left

Rest 30-60 Seconds and Repeat

Flashy Flash Workout Routine: Short Distance Run [For Time] and Short Circuit

Complete the Following FOR TIME! 😊

Beginner: 1.5 Miles

Intermediate: 3 Miles

Advanced: 3-5 Miles

Similar to your long distance run training you should be looking to improve on this run each week, but also take it a bit easier than your timed distance run and

don't be afraid to scale it as needed going into the circuit – especially if you're choosing one with running.

Short Circuit: Complete 1-2 Rounds

([Academy](#) members add on a Benchmark Hero Workout or SHJ Core Benchmark Test)

50 Planking Shoulder Taps

40 Push Ups

30 Second L-Sit Hold

30 Wide to Close Squats

20 Pike Push Ups

10 Toes to Bar

Flashy Flash Workout Routine: Mandatory Rest Day Note

Your schedule does not need to adhere to this exact daily structure BUT you should have a rest day prior to your distance run day each week, as this will be an extremely important marker for your improvement and how well you are completing it over time! 😊

Rest days are mandatory, BUT it's okay to get active as long as you're allowing your body to recover.

Flashy Flash Workout Routine: Additional Endurance Training 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 \(Workout Included\)](#)