

FUEGOLEON VERMILLION 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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FUEGOLEON VERMILLION WORKOUT ROUTINE

Training Volume:

4-5 days per week

Explanation:

For this one we're going to be training with a four day split and then you will have the option to add on an additional day of training mid week, which I recommend utilizing for some additional endurance work to let your muscles recover.

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.

Fuegoleon Vermillion Workout Routine: Sample Schedule

Monday: Fire Magic Chest and Triceps

Tuesday: Fire Magic Legs and Calves

Wednesday: Optional Endurance Work or Additional Training

Thursday: Fire Magic Shoulders and Traps

Friday: Fire Magic Back and Biceps

Saturday: Active Rest Day

Sunday: Rest Day

Fuegoleon Vermillion Workout Routine: Fire Magic Chest and Triceps

Warm Up:

10-20 Minute Incline Walk

Workout:

Incline Dumbbell Bench Press

4×15, 12, 10, 5

Cable Tricep Pushdowns

3×15, 12, 10

Hammer Strength Decline Press

3×15, 12, 10

Cable Tricep Kickbacks

3×15, 12, 10 each arm

Chest Flys

3×15, 12, 10

Weighted Dips

4×10

Fuegoleon Vermillion Workout Routine: Fire Magic Legs and Calves

Warm Up:

10-20 Minute Incline Walk

Workout:

Back Squats

4×15, 12, 10, 5

Weighted Glute Bridges

3×15, 12, 10

Seated Calf Raises

3×15, 12, 10

Hack Squat

3×15, 12, 10

Hamstring Curls

3×15, 12, 10

Quad Extensions

3×15, 12, 10

Fuegoleon Vermillion Workout Routine: Fire Magic Shoulders and Traps

Warm Up:

10-20 Minute Incline Walk

Workout:

Overhead Press

4×15, 12, 10, 5

Barbell Shrugs

3×15, 12, 10

Dumbbell Front Raises

3×15, 12, 10

Lateral Raises

3×15, 12, 10

Upright Rows

3×15, 12, 10

Power Cleans

4×8

Fuegoleon Vermillion Workout Routine: Fire Magic Back and Biceps

Warm Up:

10-20 Minute Incline Walk

Workout:

Deadlifts

4×15, 12, 10, 5

Hammer Strength Pulldowns

3×15, 12, 10

Reverse Cable Flys

3×15, 12, 10

Preacher Curls

3×15, 12, 10

Cable Rows

3×15, 12, 10

High Cable Curls

4×10

Fuegoleon 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](#)