

# JULIUS NOVACHRONO WORKOUT ROUTINE



Bonus PDF File  
**By: Mike Romaine**

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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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# JULIUS NOVACHRONO WORKOUT ROUTINE

## Training Volume:

5 days per week

## Explanation:

To train to become The Wizard King we're going to be utilizing 3 days of full body training to bring out his strength and power and then we'll also tack on two days devoted to either endurance work or HIIT training – which I recommend going back and forth on.

## 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.

## Julius Novachrono Workout Routine: Sample Schedule

**Monday:** Wizard King Full Body A

**Tuesday:** Magic Knights Endurance and/or HIIT

**Wednesday:** Wizard King Full Body B

**Thursday:** Magic Knights Endurance and/or HIIT

**Friday:** Wizard King Full Body C

**Saturday:** Active Rest Day

**Sunday:** Rest Day

## **Julius Novachrono Workout Routine: Wizard King Full Body A**

### **Warm Up:**

15-30 Minutes of Varied Cardio

*(Choose Running, Biking, Rowing, Swimming or Other)*

### **Workout:**

Incline Bench Press

3×10

Leg Press

3×10

Upright Rows

3×10

Cable Rows

3×10

Cable Curls

3×10

Tricep Cable Pushdowns

3×10

## **Julius Novachrono Workout Routine: Magic Knights Endurance and/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](#)

## **Julius Novachrono Workout Routine: Wizard King Full Body B**

### **Warm Up:**

15-30 Minutes of Varied Cardio

*(Choose Running, Biking, Rowing, Swimming or Other)*

**Workout:**

Hammer Strength Chest Press

3×10

Back Squat

3×10

Lateral Raises

3×10

Wide Grip Pulldowns

3×10

Alternating Hammer Curls

3×10

Overhead Tricep DB Extensions

3×10

**Julius Novachrono Workout Routine: Magic Knights  
Endurance and/or HIIT**

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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](#)

## **Julius Novachrono Workout Routine: Wizard King Full Body C**

### **Warm Up:**

15-30 Minutes of Varied Cardio

*(Choose Running, Biking, Rowing, Swimming or Other)*

### **Workout:**

Cable Flys

3×10

Bulgarian Split Squats

3×10

Kettlebell Swings

3×10

Chin Ups

3×10

Cable Crunches

3×20

Hanging Leg Raises

3×20

## **Julius Novachrono 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](#)