

# KING ARTHUR WORKOUT ROUTINE



Bonus PDF File  
**By: Mike Romaine**

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# KING ARTHUR WORKOUT ROUTINE

## Training Volume:

4-6 days per week

## Explanation:

Zenitsu isn't as strong as some of the other characters we've seen recently so instead of forcing a 3-5 day split we'll be working around a 4 days split of a mix of calisthenics, cardio, core and some mini-circuits.

## 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.

## Arthur Pendragon Workout Routine: Sample Workout Schedule

**Monday:** Excalibur Calisthenics, Core, Cardio and Circuits A

**Tuesday:** Excalibur Calisthenics, Core, Cardio and Circuits B

**Wednesday:** Optional Endurance and/or HIIT Work

**Thursday:** Excalibur Calisthenics, Core, Cardio and Circuits C

**Friday:** Excalibur Calisthenics, Core, Cardio and Circuits D

**Saturday:** Optional Endurance and/or HIIT Work

**Sunday:** Mandatory Rest Day

## **Arthur Pendragon Workout Routine: Excalibur Calisthenics, Core, Cardio and Circuits A**

### **Cardio:**

Warm Up with a 800-1600m Run

*(This translates to 1/2-1 Mile)*

### **Calisthenics and Core:**

Sit Ups

3×30

Air Squats

3×25

Push Ups

3×20

Lying Leg Raises

3×15

Dips

3×10

Pull Ups or Pike Push Ups

3×5

**Mini-Circuit A:**

*Complete 3 Rounds*

20 Explosive Push Ups

10 Wall Climbs

20 Air Squats

10 Plank to Push Ups

**Arthur Pendragon Workout Routine: Excalibur Calisthenics,  
Core, Cardio and Circuits B**

**Cardio:**

Warm Up with a 800-1600m Run

*(This translates to 1/2-1 Mile)*

**Calisthenics and Core:**

V-Ups

3×30

Box Jumps

3×25

Decline Push Ups

3×20

Hanging Leg Raises

3×15

Tricep Extensions

3×10

Chin Ups

3×5

**Mini-Circuit B:**

*Complete 3 Rounds*

1 Minute Plank

30 Sit Ups

20 Lying Leg Raises

50 Flutter Kicks

30 Second Hollow Hold

*Rest as Needed*

## **Arthur Pendragon Workout Routine: Optional Endurance and/or HIIT Work**

**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](#)

**Arthur Pendragon Workout Routine: Excalibur Calisthenics, Core, Cardio and Circuits C**



## **Cardio:**

Warm Up with a 800-1600m Run

*(This translates to 1/2-1 Mile)*

## **Calisthenics and Core:**

Slow Crunches

3×30

Lunges

3×26

Wide Push Ups

3×20

Lying Leg Raises with Hip Thrust

3×15

Plank to Push Ups

3×10

Wide Grip Pull Ups

3×5

### **Mini-Circuit C:**

*Complete 3 Rounds*

30 Planking Shoulder Taps

20 Decline Push Ups

10 Box Jumps

## **Arthur Pendragon Workout Routine: Excalibur Calisthenics, Core, Cardio and Circuits D**

### **Cardio:**

Warm Up with a 800-1600m Run

*(This translates to 1/2-1 Mile)*

### **Calisthenics and Core:**

Sit Ups with Twist

3×30

Glute Bridges

3×25

Close to Wide Push Ups

3×20

Knee Tucks

3×15

Dips

3×10

Pull Ups or Pike Push Ups

3×5

### **Mini-Circuit D:**

*Complete 3 Rounds*

10 Inch Worm Push Ups

10 Alternating Pistol Squats

10 Military Pull Ups

## **Arthur Pendragon 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](#)