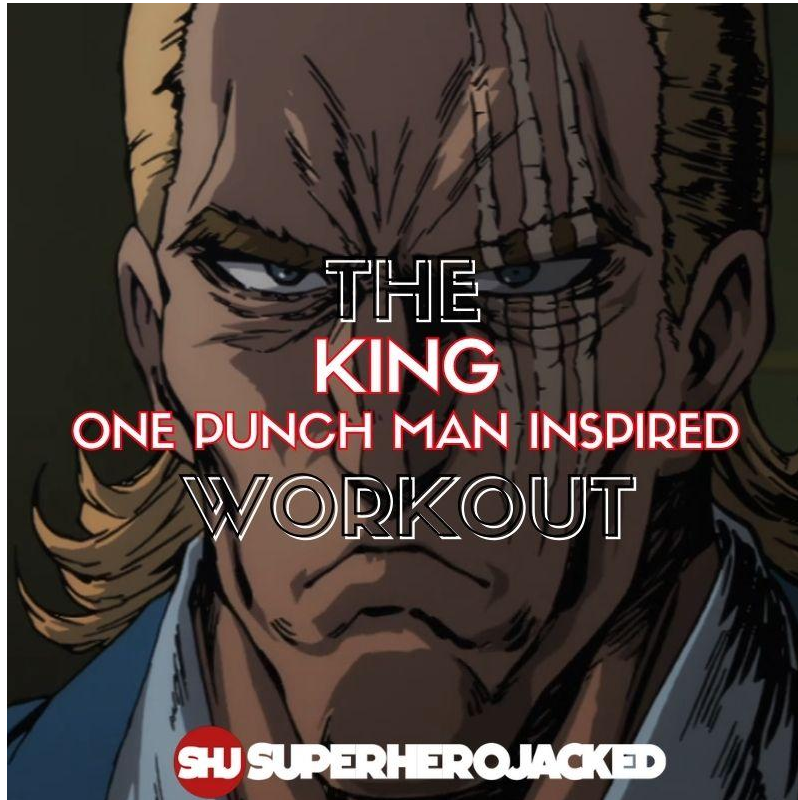


KING WORKOUT ROUTINE



Bonus PDF File
By: Mike Romaine

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The information provided in this book is for educational purposes only. I am not a doctor and this is not meant to be taken as medical advice.

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.

This product is for informational purposes only and the author does not accept any responsibilities for any liabilities or damages, real or perceived, resulting from the use of this information.

KING WORKOUT ROUTINE

Training Volume:

4+ days per week

Explanation:

To train like “The Strongest Man On Earth” we’re going to be working around our four main compounds but also working in some endurance and HIIT work in those days as well, with one day per week as an optional hero testing circuit.

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.

King Workout Routine: Sample Workout Schedule

Monday: Strongest Man on Earth Bench, Chest and Triceps

Tuesday: Strongest Man on Earth Deadlifts, Back and Biceps

Wednesday: Optional Hero Training Circuit Testing

Thursday: Strongest Man on Earth Overhead Press, Shoulders and Traps

Friday: Strongest Man on Earth Back Squats, Legs and Calves

Saturday: Optional Bonus Training Day

Sunday: Rest Day

King Workout Routine: Strongest Man on Earth Bench, Chest and Triceps

Warm Up:

Walk/Jog 1 Mile

Workout:

Barbell Bench Press

5×15, 12, 10, 8, 5

Close Grip Bench

3×12, 10, 8

Chest Fly Variation

3×12, 10, 8

Reverse Grip Cable Pushdowns

3×10

Weighted Dips

3×10

HIIT Finisher:

- [The Best HIIT Workouts](#)
- [Jump Rope Workout Database](#)

King Workout Routine: Strongest Man on Earth Deadlift, Back and Biceps

Warm Up:

Walk/Jog 1 Mile

Workout:

Deadlift

5×15, 12, 10, 8, 5

Preacher Curls

3×12, 10, 8

Barbell Bent Over Rows

3×12, 10, 8

High Cable Curls

3×10

Chin Ups

3×10

HIIT Finisher:

- [The Best HIIT Workouts](#)
- [Jump Rope Workout Database](#)

King Workout Routine: Optional Hero Training Circuit Testing

In a perfect world our [Academy](#) members or [90 Day System](#) members will use this day to work in our Benchmark Workouts to continue testing and improving scores and tracking them against other members; especially our SHJ Core Benchmarks (although our Hero Benchmarks are just as awesome).

If you are not an Academy member or you don't have access to a 90 Day System, you can also sub in different circuits here from some of the HIIT resources I provided above.

Here is a King Circuit you can utilize as well.

King Circuit: Complete 4 Rounds

Run 400M

25 Kettlebell Swings

20 Clap Push Ups

15 Thrusters

10 Box Jumps

King Workout Routine: Strongest Man on Earth Overhead Press, Shoulders and Traps

Warm Up:

Walk/Jog 1 Mile

Workout:

Overhead Press

5×15, 12, 10, 8, 5

Barbell Shrugs

3×12, 10, 8

Lateral Raises

3×12, 10, 8

Upright Rows

3×10

Hang Cleans

3×10

HIIT Finisher:

- [The Best HIIT Workouts](#)
- [Jump Rope Workout Database](#)

King Workout Routine: Strongest Man on Earth Back Squat, Legs and Calves

Warm Up:

Walk/Jog 1 Mile

Workout:

Back Squat

5×15, 12, 10, 8, 5

Leg Press

3×12, 10, 8

Calf Raise Leg Press

3×12, 10, 8

Hamstring Curls

3×10

Quad Extensions

3×10

HIIT Finisher:

- [The Best HIIT Workouts](#)
- [Jump Rope Workout Database](#)

King Workout Routine: Optional Additional Training Resources

Endurance 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 \(Workout Included\)](#)

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](#)