

# LORD BOROS WORKOUT ROUTINE



Bonus PDF File  
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# LORD BOROS WORKOUT ROUTINE

## Training Volume:

3-5 days per week

## Explanation:

For this one we're going to be working around 3 strength days PPL (Push/Pull/Legs) split, and then 1 day devoted to a Hero Circuit Test (or in this case villain) and another devoted to that extra hero endurance work which will be done with either long distance cardio or HIIT work.

## 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.

## Lord Boros Workout Routine: Sample Workout Schedule

**Monday:** Dark Matter Thieves Push Day

**Tuesday:** Villain Circuit Test Day

**Wednesday:** Dark Matter Thieves Pull Day

**Thursday:** Boros Endurance or HIIT Work

**Friday:** Dark Matter Thieves Leg Day

**Saturday:** Rest Day

**Sunday:** Active Rest Day

## **Lord Boros Workout Routine: Dark Matter Thieves Push Day**

### **Warm Up:**

15-30 Minutes of Varied Cardio

### **Workout:**

Incline Dumbbell Bench Press

4×15, 12, 10, 8

Standing Overhead Dumbbell Press

4×15, 12, 10, 8

Rope Tricep Cable Pushdowns

4×15, 12, 10, 8

### **Calisthenics Work:**

Decline Push Ups

4×25

Dips

4×15

**Blowout Circuit: 3 Rounds**

30 Dumbbell Shrugs

20 Standing Incline Chest Flys

15 Kettlebell Swings

10 Plank to Push Ups

## **Lord Boros Workout Routine: Villain Circuit Test Day**

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.

### **Lord Boros Villain Circuit Test: 3 Rounds Descending Reps/Work**

Round One:

Run 1 Mile

30 Push Ups

25 Double Unders

20 Dips

15 Pull Ups

Round Two:

Run 800M

25 Push Ups

20 Double Unders

15 Dips

10 Pull Ups

Round Three:

Run 800M

20 Push Ups

15 Double Unders

10 Dips

5 Pull Ups

## **Lord Boros Workout Routine: Dark Matter Thieves Pull Day**

### **Warm Up:**

15-30 Minutes of Varied Cardio

### **Workout:**

Deadlifts

4×15, 12, 10, 8

Preacher Curls

4×15, 12, 10, 8

Reverse Grip Cable Pulldowns

4×15, 12, 10, 8

### **Calisthenics Work:**

Wide to Close Push Ups

4×20

Chin Ups

4×10

### **Blowout Circuit: 3 Rounds**

30 Dumbbell Bent Over Rows

20 Alternating Hammer Curls

20 Lateral Raises

30 Second Superman Hold

## **Lord Boros Workout Routine: Boros Endurance 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](#)

## **Lord Boros Workout Routine: Dark Matter Thieves Leg Day**

### **Warm Up:**

15-30 Minutes of Varied Cardio

### **Workout:**

Back Squat

4×15, 12, 10, 8

Leg Press

4×15, 12, 10, 8

Seated Calf Raises

4×15, 12, 10, 8

### **Calisthenics Work:**

Glute Bridges

4×25

Box Jumps

4×15

### **Blowout Circuit: 3 Rounds**

30 Bulgarian Split Squats (15 Each Leg)

20 Double Unders

15 Cable Pullthroughs

10 Wide to Close Goblet Squats

## **Lord Boros 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](#)
- [Frank Grillo Boxing Workout](#)

### **Other MMA Training Resources:**

- [Deathstroke Workout Routine](#)
- [Daredevil Workout Routine](#)
- [Moon Knight Workout Routine](#)
- [Sagat Workout Routine](#)