

MAVIS VERMILLION 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.

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MAVIS VERMILLION WORKOUT ROUTINE

Training Volume:

3-5 days per week

Explanation:

We're going to be training with one upper body focus day and one lower body focus day with an optional circuit training day and two days of endurance and/or HIIT added in as needed with resources I'll be providing. Feel free to scale down with the tips I provide or scale up if you're ready to take on some more!

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.

Mavis Vermillion Workout Routine: Sample Schedule

Monday: Guild Master Upper Body Focus Day

Tuesday: Fairy Tail Guild Endurance or HIIT

Wednesday: Illusion Magic Circuit Workout

Thursday: Fairy Tail Guild Endurance or HIIT

Friday: Guild Master Lower Body Focus Day

Saturday: Rest or Optional Additional Work

Sunday: Rest Day

Mavis Vermillion Workout Routine: Guild Master Upper Body Focus Day

Warm Up:

15-30 Minutes of Varied Cardio

- Run/Jog
- Row
- Bike
- StairMaster
- Elliptical

Workout:

Planking Shoulder Taps

3×30 seconds

Knee or Pause Push Ups (Scale Up to Regular or Explosive)

3×25

Sit Ups

3×20

Dips

3×15

Pike Push Ups (Scale Up to Pull Ups)

3×10

Mavis Vermillion Workout Routine: Fairy Tail Guild Endurance 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](#)

Mavis Vermillion Workout Routine: Illusion Magic Circuit Workout

Warm Up:

5-10 Minute Walk/Jog

25 Jumping Jacks

25 High Knees

25 Butt Kicks

Workout: Complete 4 Rounds

400M Run

20 Wide to Close Squats

15 Plank to Push Ups

10 Box Jumps

5 Burpees

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- Bike

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Mavis Vermillion Workout Routine: Guild Master Lower Body Focus Day

Warm Up:

15-30 Minutes of Varied Cardio

- Run/Jog
- Row
- Bike
- StairMaster
- Elliptical

Workout:

Glute Bridges

3×30

Air Squats

3×25

Lying Leg Raises

3×20

Donkey Kicks

3×15 each leg

Lunges

3×10 each leg

Mavis Vermillion 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](#)

