

# MERLIN WORKOUT ROUTINE



Bonus PDF File  
**By: Mike Romaine**

## **Copyright Notice**

No part of this report may be reproduced or transmitted in any form whatsoever, electronic, or mechanical, including photocopying, recording, or by any informational storage or retrieval system without expressed written, dated and signed permission from the author. All copyrights are reserved.

## **Disclaimer and/or Legal Notices**

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.

# MERLIN WORKOUT ROUTINE

## Training Volume:

3-5 days per week

## Explanation:

We're going to be training with 3 days of calisthenics circuits per week and then 2 days of endurance and/or HIIT training per week as well – which can be scaled down and cut if needed. I'll also be providing some alternative training options for you guys looking to step it up a bit as well.

## 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.

## Merlin Workout Routine: Sample Schedule

**Monday:** Merlin Mage Calisthenics Circuit A

**Tuesday:** Seven Deadly Sins Endurance or HIIT

**Wednesday:** Merlin Mage Calisthenics Circuit B

**Thursday:** Seven Deadly Sins Endurance or HIIT

**Friday:** Merlin Mage Calisthenics Circuit C

**Saturday:** Rest or Optional Additional Work

**Sunday:** Rest Day

## **Merlin Workout Routine: Merlin Mage Calisthenics Circuit A**

### **Warm Up:**

25 Jumping Jacks

25 High Knees

25 Mountain Climbers

### **Workout: Complete 2 Rounds**

800M Run

45 Second Plank Hold

30 Air Squats

25 V-Ups

20 Push Ups

15 Pike Push Ups

10 Dips

## **Merlin Workout Routine: Seven Deadly Sins 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](#)

## **Merlin Workout Routine: Merlin Mage Calisthenics Circuit B**

### **Warm Up:**

25 Jumping Jacks

25 High Knees

25 Mountain Climbers

### **Workout: Complete 5 Rounds**

30 Jump Rope Skips

20 Crunches

10 Knee Push Ups (or Pause Push Ups)

20 Lunges (Total)

30 Jump Rope Skips

20 Lying Leg Raises

10 Inch Worms

20 Second Hollow Hold

30 Jump Rope Skips

## **Merlin Workout Routine: Seven Deadly Sins 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](#)



## **Merlin Workout Routine: Merlin Mage Calisthenics Circuit C**

### **Warm Up:**

25 Jumping Jacks

25 High Knees

25 Mountain Climbers

### **Workout: Complete 4 Rounds**

400M Run

30 Glute Bridges

25 Push Ups (Scale to Knee or Pause)

20 Donkey Kicks (Each Leg)

15 Plank to Push Ups

10 Box Jumps (Or Step Ups)

## **Merlin 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](#)