

MONKEY D. DRAGON WORKOUT ROUTINE



Bonus PDF File
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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.

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MONKEY D. DRAGON WORKOUT ROUTINE

Training Volume:

5 days per week

Explanation:

For this one you're going to have 5 days of heavy lifting! Get ready. It'll be fairly low volume to avoid over training being that we'll be lifting every single day of the week and only rest on weekends, but the intensity will still be high due to your pyramid training.

If you want to know more about specific types of pyramid training and get exact numbers/weights to utilize for these lifts you can utilize the upgrade tool inside The Academy, as described below.

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.

Monkey D. Dragon Workout Routine: Sample Workout Schedule

Monday: World's Worst Criminal Chest Day

Tuesday: World's Worst Criminal Leg Day

Wednesday: World's Worst Criminal Arm Day

Thursday: World's Worst Criminal Shoulder Day

Friday: World's Worst Criminal Back Day

Saturday: Active Rest

Sunday: Rest Day

Monkey D. Dragon Workout Routine: World's Worst Criminal Chest Day

Warm Up:

10 Minute Incline Walk

Reverse Pyramid Training:

Bench Press

Warm Up: 2-3 sets

Set One: 4-6 reps

Set Two: 6-8 reps

Set Three: 10-12 reps

Traditional Pyramid Training:

Incline Bench Press

3×12,10,8

Chest Flyes

3×12,10,8

Weighted Dips

3×10,8,5

Incline Cable Chest Flyes

3×15,12,10

**Monkey D. Dragon Workout Routine: World's Worst Criminal
Leg Day**

Warm Up:

10 Minute Incline Walk

Reverse Pyramid Training:

Back Squats

Warm Up: 2-3 sets

Set One: 4-6 reps

Set Two: 6-8 reps

Set Three: 10-12 reps

Traditional Pyramid Training:

Leg Press

3×12,10,8

Hamstring Curls

3×12,10,8

Front Squats

3×10,8,5

Seated Calf Raises

3×15,12,10

Monkey D. Dragon Workout Routine: World's Worst Criminal Arm Day

Warm Up:

10 Minute Incline Walk

Reverse Pyramid Training:

Preacher Curls

Warm Up: 2-3 sets

Set One: 4-6 reps

Set Two: 6-8 reps

Set Three: 10-12 reps

Close Grip Bench

Warm Up: 2-3 sets

Set One: 4-6 reps

Set Two: 6-8 reps

Set Three: 10-12 reps

Traditional Pyramid Training:

Seated Overhead Tricep Extension

3×12,10,8

Alternating Hammer Curls

3×12,10,8

Chin Ups

3×10,8,5

Dips

3×15,12,10

Monkey D. Dragon Workout Routine: World's Worst Criminal Shoulder Day

Warm Up:

10 Minute Incline Walk

Reverse Pyramid Training:

Overhead Press

Warm Up: 2-3 sets

Set One: 4-6 reps

Set Two: 6-8 reps

Set Three: 10-12 reps

Traditional Pyramid Training:

Kettlebell Sumo Deadlift High Pull

3×12,10,8

Lateral Raises

3×12,10,8

Barbell Shrugs

3×10,8,5

Seated Arnold Press

3×15,12,10

Monkey D. Dragon Workout Routine: World's Worst Criminal Back Day

Warm Up:

10 Minute Incline Walk

Reverse Pyramid Training:

Deadlift

Warm Up: 2-3 sets

Set One: 4-6 reps

Set Two: 6-8 reps

Set Three: 10-12 reps

Traditional Pyramid Training:

Lateral Pulldowns

3×12,10,8

Barbell Rows

3×12,10,8

Pull Ups

3×10,8,5

Light Single Arm Bench Rows

3×15,12,10 each arm

Monkey D. Dragon Workout Routine: Optional Additional Training Resources

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](#)

Endurance Training 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 Train After Your First 5K \(Workout Included\)](#)

HIIT Training Resources:

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

Parkour Training Resources:

- [The Nightrunner Parkour Workout Routine](#)
- [The Assassin's Creed Parkour Workout Routine](#)
- [The Robbie Amell Parkour Workout Routine](#)