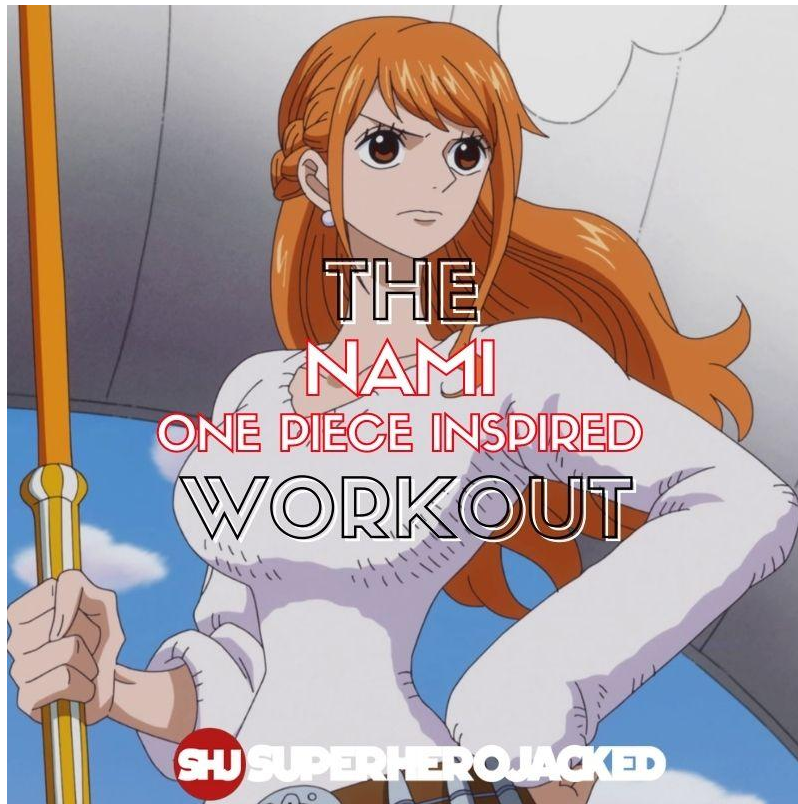


NAMI

WORKOUT ROUTINE



Bonus PDF File
By: Mike Romaine

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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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NAMI WORKOUT ROUTINE

Training Volume:

4+ days per week

Explanation:

For this one we're going to be training utilizing an upper and lower body split so that we hit legs twice a week and really focus in on strength gain while keeping Nami's superhuman leg strength in mind as well. I'll also be programming a day devoted to endurance and HIIT within the split of your two upper/lower days – but that can be subbed for other variations of cardio, training or preferred movement.

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.

Nami Workout Routine: Sample Schedule

Monday: Navigator Upper Body A

Tuesday: Navigator Lower Body A

Wednesday: Pirate Endurance and/or HIIT

Thursday: Navigator Upper Body B

Friday: Navigator Lower Body B

Saturday: Rest or Optional Additional Work

Sunday: Rest Day

Nami Workout Routine: Navigator Upper Body A

Warm Up:

Walk 5-10 Minutes

Workout:

Bench Press

3×12, 10, 8

Barbell Row

3×12, 10, 8

Seated Overhead DB Press

3×12, 10, 8

Pec Dec

2×15

V-Bar Lateral Pulldowns

2×15

Lateral Raises

2×15

Overhead Tricep Extensions

3×12, 10, 8

Cable Curls

3×12, 10, 8

Nami Workout Routine: Navigator Lower Body A

Warm Up:

Walk 5-10 Minutes

Workout:

Back Squats

3×12, 10, 8

Straight Leg Deadlifts

3×12, 10, 8

Standing Calf Raises

3×15

Hamstring Curls

2×15

Seated Calf Raises

2×20

Cable Crunches

3×15

Cable Pull Through w/ Rope

3×12, 10, 8

Hanging Leg Raises

3×15

Nami Workout Routine: Pirate Endurance and/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](#)

Nami Workout Routine: Navigator Upper Body B

Warm Up:

Walk 5-10 Minutes

Workout:

Incline Dumbbell Bench Press

3×12, 10, 8

Deadlifts

3×8, 5, 3

Military Press

3×12, 10, 8

Hammer Strength Decline Press

2×15

Pull Ups

3×10

Hang Cleans

3×5

Dumbbell Curls

3×10, 8, 6 each arm

Machine Tricep Dips

3×12, 10, 8

Nami Workout Routine: Navigator Lower Body B

Warm Up:

Walk 5-10 Minutes

Workout:

Leg Press

3×12, 10, 8

Leg Press Calf Raises

3×12, 10, 8

Straight Leg Deadlifts

3×12, 10, 8

Hack Squats

2×15

Hamstring Kickbacks

2×15 each leg

Seated Calf Raises

2×15

Planks

3×60 seconds

Hyperextension

3×12, 10, 8

Nami 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](#)