

RAZOR 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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RAZOR WORKOUT ROUTINE

Training Volume:

5 days per week

Explanation:

We're going to be training around a four day split that will focus on starting with our big compound lifts and then hitting some accessory lifts before moving into some finisher movements. One day a week, in between your four day split, will be a day devoted to endurance work that can be done utilizing long distance cardio training or even some of the HIIT resources I provide (unless you really plan on playing dodgeball or volleyball for a few hours).

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.

Razor Workout Routine: Sample Schedule

Monday: Game Master Bench Press and Accessory

Tuesday: Game Master Deadlifts and Accessory

Wednesday: Hunter Endurance and/or HIIT

Thursday: Game Master Overhead Press and Accessory

Friday: Game Master Back Squats and Accessory

Saturday: Rest or Optional Additional Work

Sunday: Rest Day

Razor Workout Routine: Game Master Bench Press and Accessory

Warm Up:

15 Minutes of Volleyball/Dodgeball Warm Up

(Alternative: Walk/Run/Jog for 15 Minutes)

Compound:

Bench Press

5×15, 12, 10, 8, 5

Accessory Work:

Cable Chest Flys

3×12, 10, 8

Tricep Cable Pushdowns

3×12, 10, 8

Finisher: 3 Rounds

Break between each round only if needed.

15 Incline Dumbbell Bench Press

12 Dips

10 Tricep Overhead Extensions

Push Ups to Failure

Razor Workout Routine: Game Master Deadlifts and Accessory

Warm Up:

15 Minutes of Volleyball/Dodgeball Warm Up

(Alternative: Walk/Run/Jog for 15 Minutes)

Compound:

Deadlifts

5×15, 12, 10, 8, 5

Accessory Work:

Wide Grip Pulldowns

3×12, 10, 8

Preacher Curls

3×12, 10, 8

Finisher: 3 Rounds

Break between each round only if needed.

15 Bent Over Rows

12 Kettlebell Swings

10 Chin Ups

Wide to Close Push Ups to Failure

Razor Workout Routine: Hunter 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](#)

Razor Workout Routine: Game Master Overhead Press and Accessory

Warm Up:

15 Minutes of Volleyball/Dodgeball Warm Up

(Alternative: Walk/Run/Jog for 15 Minutes)

Compound:

Overhead Press

5×15, 12, 10, 8, 5

Accessory Work:

Barbell Shrugs

3×12, 10, 8

Hang Cleans

3×12, 10, 8

Finisher: 3 Rounds

Break between each round only if needed.

15 DB Front Raises

12 Upright Rows

10 Lateral Raises

Push Ups to Failure

Razor Workout Routine: Game Master Back Squats and Accessory

Warm Up:

15 Minutes of Volleyball/Dodgeball Warm Up

(Alternative: Walk/Run/Jog for 15 Minutes)

Compound:

Back Squats

5×15, 12, 10, 8, 5

Accessory Work:

Leg Press

3×12, 10, 8

Hamstring Curls

3×12, 10, 8

Finisher: 3 Rounds

Break between each round only if needed.

15 Cable Pull Throughs

12 Lunges

10 Goblet Squats

Double Unders to Failure

Razor 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](#)