

# TRAFALGAR LAW 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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# TRAFALGAR LAW WORKOUT ROUTINE

## Training Volume:

6 days per week

## Explanation:

For this one we're going to be working with a schedule of 3 days ON and then 1 day OFF. So if you want to switch it up you can utilize Benchmark Workouts and alternative training methods from our [Academy](#) or [Core 90 Day Systems](#) – but another option would be to switch it up with some of our alternative HIIT workouts or Jump Rope Workouts, which I'll also provide links to 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.

## Trafalgar Law Workout Routine: Sample Schedule

**Monday:** Donquixote Pirate Upper Body Day

**Tuesday:** Law Intensity Circuit Training A

**Wednesday:** Pirate Endurance Work or MMA/Parkour

**Thursday:** Off Day

**Friday:** Donquixote Pirate Lower Body Day

**Saturday:** Law Intensity Circuit Training B

**Sunday:** Pirate Endurance Work or MMA/Parkour

*Monday would then become your off day and you'd pick back up with this schedule on Tuesday.*

## **Trafalgar Law Workout Routine: Donquixote Pirate Upper Body Day**

### **Warm Up:**

Run 1 Mile

### **Workout:**

Incline 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

## **Trafalgar Law Workout Routine: Law Intensity Circuit Training A**

### **Warm Up:**

25 Jumping Jacks

25 High Knees

## **Workout: Complete for Time**

Run 1 Mile

Complete 4 Rounds

30 Push Ups

20 Kettlebell Swings

15 Plank to Push Ups

10 Sumo Deadlift High Pulls

5 Burpees

## **Trafalgar Law Workout Routine: Pirate Endurance Work or MMA/Parkour**

**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](#)

# **Trafalgar Law Workout Routine: Donquixote Pirate Lower Body Day**

## **Warm Up:**

Run 1 Mile

## **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

## **Trafalgar Law Workout Routine: Law Intensity Circuit Training B**

### **Warm Up:**

25 Jumping Jacks

25 High Knees

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

100 Jump Rope Skips

10 Curl to Press

15 Wide to Close Goblet Squats

20 Push Ups

15 Dips

10 Chin Ups

## **Trafalgar Law Workout Routine: Pirate Endurance Work or MMA/Parkour**

**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](#)

## **Trafalgar Law 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](#)