

ZEKE YEAGER 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.

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ZEKE YEAGER WORKOUT ROUTINE

Training Volume:

5 days per week

Explanation:

For this routine we're going to be training with high intensity calisthenics work four days a week and then one day devoted to endurance work to continue improving on our stamina and making our calisthenics training and intensity that much easier.

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.

Zeke Yeager Workout Routine: Sample Schedule

Monday: Beast Titan Calisthenics Alpha

Tuesday: Beast Titan Calisthenics Bravo

Wednesday: Titan Endurance Work

Thursday: Beast Titan Calisthenics Charlie

Friday: Beast Titan Calisthenics Delta

Saturday: Rest or Optional Additional Work

Sunday: Rest Day

Zeke Yeager Workout Routine: Beast Titan Calisthenics Alpha

Warm Up:

2×25 High Knees

2×25 Butt Kicks

5 Minute Walk if Needed to Get Warm

Workout: Complete 3-5 Sets of Each Depending On Your Fitness Level

Push Ups x 25

Air Squats x 20

Dips x 10

Sit Ups x 20

Chin Ups x 10

L-Sit Hold x 30 Seconds

Cardio: Complete 15-30 Minutes of Varied Cardio

Bike, Walk, Run, Swim, Row, Elliptical, StairMaster, etc.

Zeke Yeager Workout Routine: Beast Titan Calisthenics Bravo

Warm Up:

2x25 High Knees

2x25 Butt Kicks

5 Minute Walk if Needed to Get Warm

Workout: Complete 3-5 Sets of Each Depending On Your Fitness Level

Decline Push Ups x 25

Glute Bridges x 20

Plank to Push Ups x 10

V-Ups x 20

Military Pull Ups x 10

Plank Hold x 60 Seconds

Cardio: Complete 15-30 Minutes of Varied Cardio

Bike, Walk, Run, Swim, Row, Elliptical, StairMaster, etc.

Zeke Yeager Workout Routine: Titan Endurance Work

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](#)

Zeke Yeager Workout Routine: Beast Titan Calisthenics Charlie

Warm Up:

2×25 High Knees

2×25 Butt Kicks

5 Minute Walk if Needed to Get Warm

Workout: Complete 3-5 Sets of Each Depending On Your Fitness Level

Wide Push Ups x 25

Lunges x 20

Skull Crushers x 10

Hanging Side Crunches x 20

Wide Grip Pull Ups x 10

Hollow Hold x 30 Seconds

Cardio: Complete 15-30 Minutes of Varied Cardio

Bike, Walk, Run, Swim, Row, Elliptical, StairMaster, etc.

Zeke Yeager Workout Routine: Beast Titan Calisthenics Delta

Warm Up:

2x25 High Knees

2x25 Butt Kicks

5 Minute Walk if Needed to Get Warm

Workout: Complete 3-5 Sets of Each Depending On Your Fitness Level

Close to Wide Push Ups x 25

Bulgarian Split Squats x 20

Dips x 10

Lying Leg Raises x 20

Handstand Push Ups x 10

Superman Hold x 30 Seconds

Cardio: Complete 15-30 Minutes of Varied Cardio

Bike, Walk, Run, Swim, Row, Elliptical, StairMaster, etc.

Zeke Yeager 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](#)