

ZEREF DRAGNEEL 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.

If you have any health issues or pre-existing conditions, please consult with your physician before implementing any of the information provided in this course.

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ZEREF DRAGNEEL WORKOUT ROUTINE

Training Volume:

3-5 days per week

Explanation:

For this one we're going to be translating durability and immortality, along with Zeref Dragneel's overwhelming power into strength and superior muscle and cardiovascular endurance. For that we'll be utilizing 3 days of full body training and two days of endurance work.

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.

Zeref Dragneel Workout Routine: Sample Schedule

Monday: Black Arts Full Body A

Tuesday: Evil Mage Endurance Work

Wednesday: Black Arts Full Body B

Thursday: Evil Mage Endurance Work

Friday: Black Arts Full Body C

Saturday: Rest or Optional Additional Work

Sunday: Rest Day

Zeref Dragneel Workout Routine: Black Arts Full Body A

Warm Up:

Walk or Run

800-1600M

Workout:

Incline Dumbbell Bench Press

3×12, 10, 8

Leg Press

3×12, 10, 8

Wide Grip Cable Rows

3×12, 10, 8

Cable Front Raises

3×12, 10, 8

Accessory and Core:

Scale down this routine by cutting some exercises from this portion if needed.

Cable High Curls

3×10

Tricep Cable Pushdowns

3×10

Cable Crunches

3×20

Hanging Side [Oblique] Crunch

3×20

Zeref Dragneel Workout Routine: Evil Mage 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](#)

Zeref Dragneel Workout Routine: Black Arts Full Body B

Warm Up:

Walk or Run

800-1600M

Workout:

Cable Flys

3×12, 10, 8

Back Squats

3×12, 10, 8

Hammer Strength Pulldowns

3×12, 10, 8

Seated Arnold Press

3×12, 10, 8

Accessory and Core:

Scale down this routine by cutting some exercises from this portion if needed.

Alternating DB Hammer Curls

3×10 (each arm)

DB Kickbacks

3×10 each arm

Sit Ups

3×20

Toes to Bar

3×20

Zeref Dragneel Workout Routine: Evil Mage Endurance Work

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- StairMaster

- Elliptical
- Swim
- Bike

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Zeref Dragneel Workout Routine: Black Arts Full Body C

Warm Up:

Walk or Run

800-1600M

Workout:

Hammer Strength Chest Press

3×12, 10, 8

Bulgarian Split Squats

3×12, 10, 8 each leg

Deadlifts

3×12, 10, 8

Barbell Shrugs

3×12, 10, 8

Accessory and Core:

Scale down this routine by cutting some exercises from this portion if needed.

Preacher Curls

3×10

Overhead Extension

3×10

V-Ups

3×20

Hanging Leg Raises

3×20

Zeref Dragneel 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](#)