

ALPHONSE ELRIC WORKOUT ROUTINE



Bonus PDF File
By: Mike Romaine

Copyright Notice

No part of this report may be reproduced or transmitted in any form whatsoever, electronic, or mechanical, including photocopying, recording, or by any informational storage or retrieval system without expressed written, dated and signed permission from the author. All copyrights are reserved.

Disclaimer and/or Legal Notices

The information provided in this book is for educational purposes only. I am not a doctor and this is not meant to be taken as medical advice.

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.

This product is for informational purposes only and the author does not accept any responsibilities for any liabilities or damages, real or perceived, resulting from the use of this information.

ALPHONSE ELRIC WORKOUT ROUTINE

Training Volume:

3-5 days per week

Explanation:

For this one we're going to be using 3 days a week with weights and calisthenics and then also work in a day devoted to a circuit training test and another devoted to Elrics immense stamina.

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.

Alphonse Elric Workout: Sample Workout Schedule

Monday: Armored Push Day

Tuesday: Elric Calisthenics Circuit Test

Wednesday: Armored Pull Day

Thursday: Alchemy Endurance Work

Friday: Armored Leg Day

Saturday: Active Rest Day

Sunday: Mandatory Rest Day

Alphonse Elric Workout: Armored Push Day

Warm Up:

800-1600M Run

Workout:

Incline Dumbbell Press

3×12, 10, 8

Dips

3×12

Reverse Grip Cable Pushdowns

3×12, 10, 8

Decline Push Ups

3×30

Chest Flys

3×12, 10, 8

Overhead Tricep Extensions

3×10

Alphonse Elric Workout: Elric Calisthenics Circuit Test

In a perfect world our [Academy](#) members or [90 Day System](#) members will use this day to work in our Benchmark Workouts to continue testing and improving scores and tracking them against other members; especially our SHJ Core Benchmarks (although our Hero Benchmarks are just as awesome).

If you are not an Academy member or you don't have access to a 90 Day System, you can also sub in different circuits here from some of the HIIT resources I provide.

Eric Calisthenics Circuit Test: Complete For Time

Run 1 Mile

Complete 4 Rounds:

30 Push Ups

25 Second Hollow Hold

20 Sit Ups

15 Dips

10 Pull Ups

Alphonse Elric Workout: Armored Pull Day

Warm Up:

800-1600M Run

Workout:

Deadlift Variation

3×12, 10, 8

Chin Ups

3×10

Alternating Bicep Curls

3×12, 10, 8 each arm

Close to Wide Push Ups

3×30

Wide Grip Cable Pulldowns

3×12, 10, 8

High Cable Curls

3×10

Alphonse Elric Workout Routine: Alchemy 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](#)
- [Academy Members:](#) Insert a Benchmark Hero Workout (Circuit) or SHJ Core Circuit Test

Alphonse Elric Workout: Armored Leg Day

Warm Up:

800-1600M Run

Workout:

Squat Variation

3×12, 10, 8

Double Unders

3×20

Leg Press

3×12, 10, 8

Alternating Pistol Squats

3×30

Seated Calf Raises

3×12, 10, 8

Hamstring Curls

3×10

Alphonse Elric 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](#)