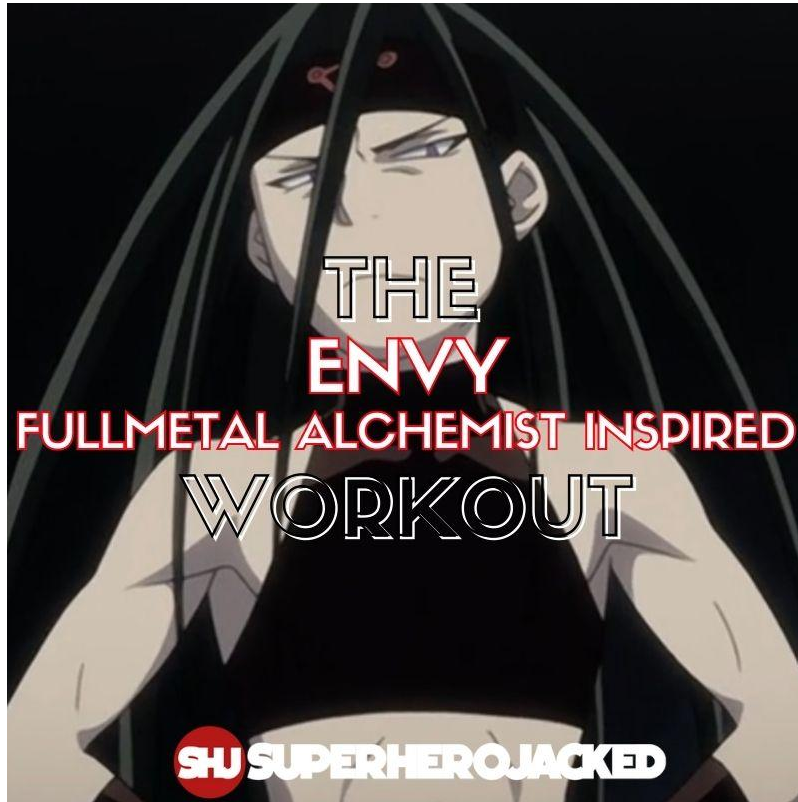


ENVY WORKOUT ROUTINE



Bonus PDF File
By: Mike Romaine

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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.

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ENVY WORKOUT ROUTINE

Training Volume:

5-6 days a week

Explanation:

We'll be utilizing 3 days of calisthenics, 1 day devoted to endurance (although you can do more), and of course, Father's Circuit Test!

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.

Envy Workout Routine: Sample Workout Schedule

Monday: Enhanced Physiology Calisthenics A and Row

Tuesday: Father's Circuit Test

Wednesday: Enhanced Physiology Calisthenics B and Bike

Thursday: Enhanced endurance Work

Friday: Enhanced Physiology Calisthenics C and Swim

Saturday: Endurance, Parkour and MMA

Sunday: Rest Day

Envy Workout Routine: Enhanced Physiology Calisthenics A and Row

Warm Up:

Jump Rope Warm Up

3×50 High Knees

Workout:

Superset A:

A. Close to Wide Push Ups

3×20

B. Dips

3×10

Superset B:

A. Chin Ups

3×10

B. Mountain Climbers

3×20

Superset C:

A. Air Squats

3×20

B. Hanging Leg Raises

3×10

Row Finisher:

Row 1600m

Envy Workout Routine: Father's 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.

(Another note: You should continue coming back and re-trying to workout every so often to see how much you can improve your score!)

Father's Circuit Test: Complete 4 Rounds for Time

Run 400M

25 Kettlebell Swings 1.5/1 pood

15 Dips

10 Kettlebell Goblet Squats 1.5/1 pood

This is the same for all of Father's embodiments.

Envy Workout Routine: Calisthenics B and Bike

Warm Up:

Jump Rope Warm Up

3×50 High Knees

Workout:

Superset A:

A. V-Ups

3×20

B. Handstand Push Ups

3×10

Superset B:

A. Wide Grip Pull Ups

3×10

B. Lying Leg Raises

3×20

Superset C:

A. Alternating Pistol Squats

3×20

B. Clap Push Ups

3×10

Bike Finisher:

Bike 3200m

Envy Workout Routine: Enhanced Endurance Training

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

Envy Workout Routine: Calisthenics C and Swim

Warm Up:

Jump Rope Warm Up

3×50 High Knees

Workout:

Superset A:

A. Regular Push Ups

3×20

B. Plank

3×60 Seconds

Superset B:

A. Pull Ups

3×10

B. Inch Worms

3×20

Superset C:

A. Dips

3×20

B. Glute Bridges

3×10

Swim Finisher:

Swim 1200m

Envy Workout Routine: Bonus 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](#)