

GEVAUDAN WORKOUT ROUTINE



Bonus PDF File
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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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GEVAUDAN WORKOUT ROUTINE

Training Volume:

5 days per week

Explanation:

We're going to be training around weightlifting, but we'll also have mini circuit training and cardio in there as well as a circuit test to make sure we're well rounded heroes on top of our strength and speed training.

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.

Gevaudan Workout: Sample Workout Schedule

Monday: Beast Bench Press and Cardio

Tuesday: Beast Back Squats and Cardio

Wednesday: U.A. High School Hero Circuit Test

Thursday: Beast Deadlifts and Cardio

Friday: Beast Overhead Press and Cardio

Saturday: Active Rest or Bonus Endurance Work

Sunday: Mandatory Rest Day

Gevaudan Workout: Beast Bench Press and Cardio

Warm Up:

10 Minute Incline Walk

Compound:

Bench Press

5×10,8,5,5,5

Workout:

Incline Bench Press

4×12

Overhead Tricep Extension

4×12

Cable Crossovers

4×12

Cable Pushdowns

4×12

Circuit:

3 Rounds / Rest 1 Minute Between Rounds

5 Push Ups

10 Incline Dumbbell Chest Flyes

10 Incline Dumbbell Hex Press

5 Triangle Push Ups

Cardio:

Complete 10-30 Minutes of Varied Cardio:

Feel free to do 30 minutes of one option and switch it up on other days OR do 10-15 minutes of multiple options listed on one given day.

- High Incline Walk
- Treadmill Sprints
- Bike Interval Training
- StairMaster
- High Intensity Elliptical
- Rower

Gevaudan Workout: Beast Back Squats and Cardio

Warm Up:

10 Minute Incline Walk

Compound:

Back Squat

5×10,8,5,5,5

Workout:

Leg Press

4×12

Hamstring Curls

4×12

Hack Squats

4×12

Calf Raises (Seated or Standing)

4×12

Circuit:

3 Rounds / Rest 1 Minute Between Rounds

10 Cable Pullthroughs

10 Straight Leg DL w/ DB

10 Lunges (5 Each Leg) w/ DB

10 Jump Squats

Cardio:

Complete 10-30 Minutes of Varied Cardio:

Feel free to do 30 minutes of one option and switch it up on other days OR do 10-15 minutes of multiple options listed on one given day.

- High Incline Walk
- Treadmill Sprints
- Bike Interval Training
- StairMaster
- High Intensity Elliptical
- Rower

Gevaudan Workout: U.A. High School Hero 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!)

U.A. High School Hero Circuit Test: Complete 2 Rounds For Time

25 Pull Ups

50 Deadlift @135/95

50 Sit Ups

50 Push Ups

50 Kettlebell Swings @72/45

50 Lunges

50 Alternating DB Snatches at 50/25

25 Pull Ups

Rest 1-5 minutes as needed.

Gevaudan Workout: Beast Deadlifts and Cardio

Warm Up:

10 Minute Incline Walk

Compound:

Deadlift

5×10,8,5,5,5

Workout:

Wide Grip Lateral Pulldowns

4×12

T-Bar Rows

4×12

Barbell Shrugs

4×12

Bent Over Dumbbell Rows

4x12

Circuit:

3 Rounds / Rest 1 Minute Between Rounds

10 Wide Push Ups

5 Chin Ups

10 Cable Rows

5 Chin Ups

10 Wide Push Ups

Cardio:

Complete 10-30 Minutes of Varied Cardio:

Feel free to do 30 minutes of one option and switch it up on other days OR do 10-15 minutes of multiple options listed on one given day.

- High Incline Walk
- Treadmill Sprints
- Bike Interval Training
- StairMaster
- High Intensity Elliptical
- Rower

Gevaudan Workout: Beast Overhead Press and Cardio

Warm Up:

10 Minute Incline Walk

Compound:

Overhead Press

5×10,8,5,5,5

Workout:

Front Raises w/ Plate

4×12

Upright Rows w/ DBs

4×12

Dumbbell Shrugs

4×12

Face Pulls

4×12

Circuit:

3 Rounds / Rest 1 Minute Between Rounds

25 Kettlebell Swings

20 One Arm Snatches w/ KB or DB (10 each arm)

15 Push Ups

10 Reverse Superman Holds

5 Inch Worms

Cardio:

Complete 30 Minutes of Varied Cardio:

Feel free to do 10-30 minutes of one option and switch it up on other days OR do 10-15 minutes of multiple options listed on one given day.

- High Incline Walk
- Treadmill Sprints
- Bike Interval Training
- StairMaster
- High Intensity Elliptical
- Rower

Gevaudan 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](#)