

GRIFFITH WORKOUT ROUTINE



Bonus PDF File
By: Mike Romaine

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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.

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GRIFFITH WORKOUT ROUTINE

Training Volume:

5+ days per week

Explanation:

For this one we're going to be training with 3 days of full body and core calisthenics training, and then 2 days devoted to endurance, high intensity training and even a swordsman .

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.

Griffith Workout Routine: Sample Workout Schedule

Monday: Swordsman Calisthenics and Core A

Tuesday: Villainous Circuit Test

Wednesday: Swordsman Calisthenics and Core B

Thursday: Swordsman Endurance Training

Friday: Swordsman Calisthenics and Core C

Saturday: Active Rest Day or Optional Additional Training with Resources

Sunday: Mandatory Rest Day

Griffith Workout Routine: Swordsman Calisthenics and Core A

Warm Up:

Walk/Run for 5-10 Minutes

Workout:

Tri-set One:

A. Push Ups

3×20

B. Tricep Extensions

3×15

C. Hollow Hold

3×30 Seconds

Tri-Set Two:

A. Air Squats

3×20

B. Wall Climbs

3×10

C. Mountain Climbers

3×20

Tri-Set Three:

A. Sit Ups

3×20

B. Hanging Knee Raises with Twist

3×20

C. Plank Hold

3×60 Seconds

Griffith Workout Routine: Villainous 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!)

Villainous Circuit Test: Complete 4 Rounds

400M Run

10 Push Ups

10 Dips

10 Close Push Ups

10 Air Squats

10 Wide Push Ups

10 Sit Ups

10 Pike Push Ups

10 Lunges

Griffith Workout Routine: Swordsman Calisthenics and Core B

Warm Up:

Walk/Run for 5-10 Minutes

Workout:

Tri-set One:

A. Decline Push Ups

3×20

B. Plank to Push Ups

3×15

C. Superman Hold

3×30 Seconds

Tri-Set Two:

A. Jumping Lunges

3×20

B. Inch Worm to Push Ups

3×10

C. Half Burpees

3×10

Tri-Set Three:

A. V-Ups

3×20

B. Flutter Kicks

3×50

C. Side Planks

3×30 Seconds Each Side

Griffith Workout Routine: Swordsman Endurance Training

Being that we're going to be working with a swordsman we are going to actually be utilizing some HIIT Endurance Work that consists of on and off sprints.

If you'd like to sub biking or rowing for this you can do that by easily swapping.

Workout: Complete 30-60 Minutes

- One Minute ON: Sprint at 70-90% Intensity for 60 Seconds
- One Minute OFF: Slow Pace at 30-50% Intensity for 60 Seconds
- Rinse and Repeat

Optional Alternative HIIT Training:

- [The Best HIIT Workouts](#)
- [Jump Rope Workout Database](#)
- [Academy Members](#): Insert a Benchmark Hero Workout (Circuit) or SHJ Core Circuit Test

Griffith Workout Routine: Swordsman Calisthenics and Core C

Warm Up:

Walk/Run for 5-10 Minutes

Workout:

Tri-set One:

A. Explosive Push Ups

3×20

B. Dips

3×15

C. L-Sit Hold

3×30 Seconds

Tri-Set Two:

A. Skater Lunges

3×20

B. Chin Ups

3×10

C. Box Jumps

3×20

Tri-Set Three:

A. Slow Crunches

3×20

B. Lying Leg Raises with Hip Thrust

3×20

C. Russian Twists

3×30

Griffith Workout Routine: Optional Additional Training Resources

Endurance Training 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 Train After Your First 5K \(Workout Included\)](#)

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](#)