

KING BRADLEY 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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KING BRADLEY WORKOUT ROUTINE

Training Volume:

5 days per week

Explanation:

To train to become King Bradley we're going to be using four days of weights to unlock his strength and agility, and then one day devoted to a Wrath Circuit Test. You'll also be able to use some of our additional resources if you want to step it up a notch with your mixed martial arts and parkour as well.

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.

King Bradley Workout: Sample Workout Schedule

Monday: Homunculus Upper Body A

Tuesday: Homunculus Lower Body A

Wednesday: Wrath Circuit Test

Thursday: Homunculus Upper Body B

Friday: Homunculus Lower Body B

Saturday: Active Rest Day

Sunday: Mandatory Rest Day

King Bradley Workout: Homunculus Upper Body A

Warm Up:

10 Minute Incline Walk

Workout:

Bench Press

4x4

Standing Military Press

3x5

Dips

4x10

Landmine Rows

3×8

Wide Grip Lateral Pulldowns

3×10

Reverse Flys

3×12

Face Pulls

2×15

Hammer Curls with Rope

2×15

King Bradley Workout: Homunculus Lower Body A

Warm Up:

10 Minute Incline Walk

Workout:

Back Squat

4×5

Bulgarian Split Squats

4×6 each leg

Leg Press

4×6

Landmine Deadlifts

3×8

Dumbbell Romanian Deadlifts

3×8

Barbell Hip Thrusts

3×10

Leg Curls

3×15

King Bradley Workout: Wrath 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.

Wrath Circuit Test: Complete For Time

Complete 5 Rounds

800M Run

15 Power Cleans (95 lbs)

10 Bench Press (185 lbs)

5 Box Jumps

King Bradley Workout: Homunculus Upper Body B

Warm Up:

10 Minute Incline Walk

Workout:

Rack Pulls

3×3

Chin Ups

5×8

Barbell Bent Over Rows

4×8

Incline Dumbbell Bench Press

3×8

Seated Dumbbell Overhead Press

3×8

Chest Flys

2×12

Dumbbell Pull-Over

2×12

Dumbbell Tricep Pushdowns

2×15

King Bradley Workout: Homunculus Lower Body B

Warm Up:

10 Minute Incline Walk

Workout:

Deadlifts

4×5

Barbell Hip Thrusts

3×10

Barbell Romanian Deadlift

4×6

Front Squats

3×8

Dumbbell Lunges

3×10 each side

Leg Press

3×15

Box Jumps

3×8

Quad Extensions

2×15

King Bradley Workout Routine: Optional Additional Training Resources

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 \(Workout Included\)](#)

HIIT Resources:

- [The Best HIIT Workouts](#)
- [Jump Rope Workout Database](#)
- [Academy Members](#): Go through our Benchmark Hero Workouts and/or SHJ Core Circuit Test

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](#)