

# LADY NAGANT 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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# LADY NAGANT WORKOUT ROUTINE

## Training Volume:

3-5 days per week

## Explanation:

At its core this routine will revolve around an upper and lower body calisthenics split and then a hero training circuit test (hero turned villain is fine too), and then two days of endurance work (that can be subbed for HIIT) in between.

## 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.

## Lady Nagant Workout Routine: Sample Workout Schedule

**Monday:** Villainous Upper Body Calisthenics

**Tuesday:** Sniper Endurance and/or HIIT

**Wednesday:** Hero Turned Villain Circuit Test

**Thursday:** Sniper Endurance and/or HIIT

**Friday:** Villainous Lower Body Calisthenics

**Saturday:** Active Rest Day or Full Rest

**Sunday:** Rest Day

## **Lady Nagant Workout Routine: Villainous Upper Body Calisthenics**

### **Warm Up:**

2x25 Jumping Jacks

2x25 High Knees

2x25 Butt Kicks

### **Workout:**

Mountain Climbers

3x30

Push Ups

3x25

Sit Ups

3x20

Dips

3x15

Pull Ups

3×10

Wall Climbs

3×5

## **Lady Nagant Workout Routine: Sniper Endurance and/or HIIT**

**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

## **Lady Nagant Workout Routine: Hero Turned Villain 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!)*

### **Hero Turned Villain Circuit Test: Complete For Time**

1 Mile Run

200 Air Squats

150 Push Ups

100 Sit Ups

50 Pull Ups

1 Mile Run

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## **Lady Nagant Workout Routine: Villainous Lower Body Calisthenics**

### **Warm Up:**

2×25 Jumping Jacks

2×25 High Knees

2×25 Butt Kicks



**Workout:**

Lying Leg Raises

3×30

Jump Squats

3×25

V-Ups

3×20

Glute Bridges

3×15

Box Jumps

3×10

Alternating Pistol Squats (Scale w/ Chair)

3×5 each leg

## **Lady Nagant 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](#)