

# LIGHT WORKOUT ROUTINE



Bonus PDF File  
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# LIGHT WORKOUT ROUTINE

## Training Volume:

5 days per week

## Explanation:

We're going to be training with 3 full body training days per week and then 2 days devoted to high intensity full body circuit workouts (one of which will be unique to Licht and another we're borrowing from another swordsman and Demon Slayer (ironically enough), Yoriichi Tsugikuni!) that will combine calisthenics, weights and endurance work.

## 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.

## Licht Workout Routine: Sample Schedule

**Monday:** Elf Tribe Leg Day

**Tuesday:** Swordsman Endurance Circuit Test

**Wednesday:** Elf Tribe Push Day

**Thursday:** Demon Calisthenics HIIT Training

**Friday:** Elf Tribe Pull Day

**Saturday:** Optional Additional Training with Resources

**Sunday:** Rest Day

## **Licht Workout Routine: Elf Tribe Leg Day**

### **Warm Up:**

15-30 Minutes of Easy-Moderate Varied Cardio

### **Workout:**

#### **Quad-Set A:**

A. Wide to Close Goblet Squats

3×16

B. DB Weighted Lunges

3×10 each leg

C. Weighted Glute Bridges

3×12

D. Double Unders

3×30

**Quad Set B:**

A. Leg Press

3×15

B. Calf Raises on Leg Press Machine

3×15

C. Hamstring Kickbacks or Curls

3×12 each leg

D. Heavy Quad Extensions

3×Failure

**Tri-Set A:**

A. Cable Crunches

3×25

B. Hanging Knee Raises w/ Twist

3×20

C. Hollow Holds

3×30 seconds

## **Licht Workout Routine: Swordsman Endurance 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!)

### **Swordsman Endurance Circuit Test: Complete 1 Round For Time**

Run 1.5 Miles

75 Pull Ups

150 Dips

200 Push Ups

250 Squats

Run 1.5 Miles

## **Licht Workout Routine: Elf Tribe Push Day**

**Warm Up:**

15-30 Minutes of Easy-Moderate Varied Cardio

**Workout:**

**Quad-Set A:**

A. Incline Dumbbell Bench Press

3×12-15

B. Incline Dumbbell Chest Flyes

3×10-12

C. Incline Dumbbell Hex Press

3×5-10

D. Diamond Push Ups

3×Failure

**Quad Set B:**

A. Overhead Press

3×15

B. Hang Cleans

3×10

C. Upright Rows

3×10

D. Heavy Barbell Shrugs

3×Failure

**Tri-Set A:**

A. Tricep Overhead Cable Extension

3×15

B. Tricep Cable Pushdowns

3×10

C. Tricep Cable Kickbacks

3×12-15 each arm

**Licht Workout Routine: Demon Calisthenics HIIT Training**

**Warm Up:**

25 High Knees

25 Jumping Jacks



## **Workout: Complete 4 Rounds**

400M Run

50 Air Squats

40 Push Ups

30 Sit Ups

20 Dips

10 Pull Ups

## **Licht Workout Routine: Elf Tribe Pull Day**

### **Warm Up:**

15-30 Minutes of Easy-Moderate Varied Cardio

### **Workout:**

#### **Quad-Set A:**

A. Deadlifts

3×10

B. Wide Grip Cable Pulldowns

3×12-15

C. Straight Arm Pulldowns

3×10

D. Chin Ups

3×Failure

**Quad Set B:**

A. Bent Over Barbell Rows

3×10-15

B. Standing Cable Curls

3×10

C. Reverse Cable Extensions

3×10-15

D. Cable High Curls

3×Failure

**Tri-Set A:**

A. Sit Ups w/ Twist

3×30

B. Lying Leg Raises w/ Hip Thrust

3×30

C. Superman Hold

3×30 seconds

## Licht 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 To Step Up Your Workout](#)
- [Jump Rope Workouts](#)
- [Academy Members:](#) Insert a Benchmark Hero Workout (Circuit) 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](#)