

LUCK VOLTIA WORKOUT ROUTINE



Bonus PDF File
By: Mike Romaine

Copyright Notice

No part of this report may be reproduced or transmitted in any form whatsoever, electronic, or mechanical, including photocopying, recording, or by any informational storage or retrieval system without expressed written, dated and signed permission from the author. All copyrights are reserved.

Disclaimer and/or Legal Notices

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.

This product is for informational purposes only and the author does not accept any responsibilities for any liabilities or damages, real or perceived, resulting from the use of this information.

LUCK VOLTIA WORKOUT ROUTINE

Training Volume:

3-5 days per week

Explanation:

For this one we have 2 days a week that WILL involve weight training (you can sub these two for upper/lower body calisthenics days we've had plenty of in our calisthenics workouts), and then 1 day devoted to our calisthenics condition circuit which will be our Lightning Speed Circuit Test [weekly]. On top of that you'll have two optional programmed days devoted to endurance and/or HIIT, as well as some bonus resources I'll provide.

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.

Luck Voltia Workout: Sample Workout Schedule

Monday: Magic Knight Speed Training [Weights A]

Tuesday: Black Bulls Endurance and HIIT Work

Wednesday: Lightning Speed Circuit Test

Thursday: Black Bulls Endurance and HIIT Work

Friday: Magic Knight Speed Training [Weights B]

Saturday: Active Rest Day

Sunday: Mandatory Rest Day

Luck Voltia Workout: Magic Knight Speed Training [Weights A]

Warm Up:

25 Jumping Jacks

25 High Knees

25 Mountain Climbers

Workout:

Sprints

3x10M

Standing Long Jump

3×5

Back Squats

4×12, 10, 8, 6

Split Squats

4×10, 8, 6, 6 each leg

Romanian Deadlifts

4×12, 10, 8, 6

Reverse Hyperextensions

3×15, 12, 10

Luck Voltia Workout Routine: Black Bulls 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

Luck Voltia Workout Routine: Lightning Speed 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!)

Lightning Speed Circuit Test: Compete Each Exercise for 20 Seconds

Complete 2 Rounds

Jumping Jacks

Sprint

Mountain Climbers

Sprint

Bear Crawls

Sprint

Push Ups

Sprint

Squats

Sprint

Lunges

Sprint

Inchworms

Sprint

Plank

Sprint

Rest 1-2 Minutes if Needed

Luck Voltia Workout Routine: Black Bulls 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

Luck Voltia Workout: Magic Knight Speed Training [Weights B]

Warm Up:

25 Jumping Jacks

25 High Knees

25 Mountain Climbers

Workout:

Sprints

3x20M

Bounds

3x20M

Power Cleans

3×5, 3, 3

Clean Pulls

3×5, 3, 3

Push Jerks

3×5, 3, 3

Luck Voltia 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](#)