

# LUST WORKOUT ROUTINE



Bonus PDF File  
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# LUST WORKOUT ROUTINE

## Training Volume:

5 days per week

## Explanation:

For this one we'll be training around 3 days of full body work to increase our strength and speed while building that Lust aesthetic we discussed – and then another 2 days devoted to a circuit test 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.

## Lust Workout Routine: Sample Workout Schedule

**Monday:** Enhanced Physiology Full Body Workout A

**Tuesday:** Father's Circuit Test

**Wednesday:** Enhanced Physiology Full Body Workout B

**Thursday:** Enhanced Endurance Training

**Friday:** Enhanced Physiology Full Body Workout C

**Saturday:** Optional Endurance, Parkour and/or MMA

**Sunday:** Mandatory Rest Day

## **Lust Workout Routine: Enhanced Physiology Full Body Workout A**

### **Warm Up:**

800-1600M Run

### **Workout:**

Back Squats

3×12, 10, 8

Chest Flys

3×12, 10, 8

Reverse Cable Flyes

3×12, 10, 8

Lateral Raises

3×12, 10, 8

Chin Ups

3×10

Sit Ups

3×25

## **Lust Workout Routine: Father's 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!)*

### **Father's Circuit Test: Complete 4 Rounds for Time**

Run 400M

25 Kettlebell Swings 1.5/1 pood

15 Dips

10 Kettlebell Goblet Squats 1.5/1 pood

## **Lust Workout Routine: Enhanced Physiology Full Body Workout B**

### **Warm Up:**

800-1600M Run

### **Workout:**

Leg Press

3×12, 10, 8

Incline Dumbbell Press

3×12, 10, 8

Arnold Press

3×12, 10, 8

Cable Rows

3×12, 10, 8

Push Ups

3×20

Hanging Knee Raises

3×25

## **Lust Workout Routine: Enhanced Endurance Training**

**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

## Lust Workout Routine: Enhanced Physiology Full Body Workout C

### Warm Up:

800-1600M Run

### Workout:

Weighted Glute Bridges

3×12, 10, 8



Hammer Press

3×12, 10, 8

Deadlift

3×12, 10, 8

Dumbbell Front Raises

3×12, 10, 8

Dips

3×12

Hollow Hold

3×30 Seconds

## **Lust 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](#)