

MATRONA WORKOUT ROUTINE



Bonus PDF File
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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.

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.

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MATRONA WORKOUT ROUTINE

Training Volume:

5 days per week

Explanation:

For this one we're going to be training around a PPL Split (Push, Pull, Legs) of heavy weightlifting surrounded by a Giant Circuit Test (Endurance and Weights) and a day devoted specifically to endurance and stamina 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.

Matrona Workout Routine: Sample Workout Schedule

Monday: Giant Strength and Speed Pull

Tuesday: Giant Circuit Test

Wednesday: Giant Strength and Speed Push

Thursday: Endurance and Stamina Work

Friday: Giant Strength and Speed Legs

Saturday: Endurance, Parkour and MMA

Sunday: Rest Day

Matrona Workout Routine: Giant Strength and Speed Pull

Warm Up:

Jog 10-30 Minutes

Workout:

Giant Set One:

A. Dumbbell Deadlifts

3×12, 10, 8

B. Wide Grip Pulldowns

3×12, 10, 8

C. Wide Grip Rows

3×12, 10, 8

D. Wide Grip Straight Arm Pulldowns

3×12, 10, 8

Giant Set Two:

A. High Cable Curls

3×12, 10, 8

B. Hammer Curls with Rope

3×12, 10, 8

C. Cable Curls with Bar

3×12, 10, 8

D. Close to Wide Push Ups

3×20

Giant Set Three:

A. Plank

3×60 seconds

B. Crunches

3×30

C. Lying Leg Raises

3×20

D. Flutter Kicks

3xFailure

Matrona Workout: Giant 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!)

Giant Circuit Test: Complete 5 Rounds for Time

800-meter run

15 cleans (95lbs)

10 bench press (205 lbs)

5 box jumps (30" box)

Matrona Workout Routine: Giant Strength and Speed Push

Warm Up:

Jog 10-30 Minutes

Workout:

Giant Set One:

A. Incline Dumbbell Bench Press

3×12, 10, 8

B. Incline Chest Flys

3×12, 10, 8

C. Incline Hex Press

3×12, 10, 8

D. Standing Incline Chest Flys

3×12, 10, 8

Giant Set Two:

A. Cable Tricep Pushdowns

3×12, 10, 8

B. Cable Overhead Tricep Extension

3×12, 10, 8

C. Tricep Cable Kickbacks

3×12, 10, 8

D. Diamond Push Ups

3×12, 10, 8

Giant Set Three:

A. Seated Overhead Press

3×12, 10, 8

B. Seated Front Raises

3×12, 10, 8

C. Standing Upright Rows

3×12, 10, 8

D. Dumbbell Shrugs

3×25

Matrona Workout: Endurance and Stamina Work

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

Matrona Workout Routine: Giant Strength and Speed Legs

Warm Up:

Jog 10-30 Minutes

Workout:

Giant Set One:

A. Leg Press

3×12, 10, 8

B. Calf Raises on Leg Press

3×12, 10, 8

C. Double Unders

3×15

D. Box Jumps

3×10

Giant Set Two:

A. Hamstring Curls

3×12, 10, 8

B. Quad Extension

3×12, 10, 8

C. Cable Pullthroughs

3×12, 10, 8

D. Wall Sits

3×Failure

Giant Set Three:

A. Plank

3×60 seconds

B. Bicycle Crunches

3×30

C. Lying Leg Raises w/ Hip Thrust

3×20

D. Flutter Kicks

3xFailure

Matrona Workout Routine: Bonus 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](#)