

METAL BAT 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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METAL BAT WORKOUT ROUTINE

Training Volume:

4-6 days per week

Explanation:

We're going to be training with 4 days devoted to strength and endurance work to focus in on that superhuman strength and endurance and then we'll also have a day devoted to a Metal Bat Circuit Test (which will be endurance + strength testing you can come back to to see how you're improving).

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.

Metal Bat Workout Routine: Sample Workout Schedule

Monday: Bad Chest, Triceps and Endurance Work

Tuesday: Bad Legs, Calves, Core and Endurance Work

Wednesday: Metal Bat Circuit Test

Thursday: Bad Back, Biceps and Endurance Work

Friday: Bad Shoulders, Traps, Core and Endurance Work

Saturday: Optional Additional Endurance Work

Sunday: Mandatory Rest Day

Metal Bat Workout Routine: Bad Chest, Triceps and Endurance Work

Warm Up:

5-10 Minute Incline Walk

Workout:

Bench Press

4×12, 10, 8, 5

Incline Dumbbell Press

3×10

Seated Tricep Overhead Extension

3×10

Reverse Grip Cable Pushdowns

3×10

Cable Kickbacks

3×10 each arm

Chest Flyes (Cable or Dumbbells)

3×10

Weighted Dips

4×8-10

Endurance Work:

Run/Walk based on Fitness Level:

Beginner: 1-3 Miles

Intermediate: 3-5 Miles

Advanced: 5+ Miles

Metal Bat Workout Routine: Bad Legs, Calves, Core and Endurance Work

Warm Up:

5-10 Minute Incline Walk

Workout:

Back Squat

4×12, 10, 8, 5

Hamstring Curls

3×10

Bulgarian Split Squats

3×10 each leg

Quad Extension

3×10

Seated Calf Raises

3×10

Cable Crunches

3×25

Hanging Leg Raises

3×20

Endurance Work:

Run/Walk based on Fitness Level:

Beginner: 1-3 Miles

Intermediate: 3-5 Miles

Advanced: 5+ Miles

Metal Bat Workout Routine: Metal Bat 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!)

Metal Bat Circuit Test: Complete 1 Rounds for Time

800M Run

30 KB Deadlifts

20 KB Goblet Squats

15 KB Swings

10 KB Floor Bench Press (Can do single arm and swap)

800M Run

Metal Bat Workout Routine: Bad Back, Biceps and Endurance Work

Warm Up:

5-10 Minute Incline Walk

Workout:

Deadlifts

4×12, 10, 8, 5

Bent Over Barbell Rows

3×10

Preacher Curls

3×10

Wide Grip Lateral Pulldowns

3×10

Cable Rope Hammer Curls

3×10

Cable Rows

3×10

Chin Ups

4×8-10

Endurance Work:

Run/Walk based on Fitness Level:

Beginner: 1-3 Miles

Intermediate: 3-5 Miles

Advanced: 5+ Miles

Metal Bat Workout Routine: Bad Shoulders, Traps, Core and Endurance Work

Warm Up:

5-10 Minute Incline Walk

Workout:

Overhead Press

4×12, 10, 8, 5

Seated Dumbbell Front Raises

3×10

Barbell Shrugs

3×10

Hang Cleans

3×10

Lateral Raises

3×10

Sit Ups with Twist

3×30

Lying Leg Raises with Hip Thrust

3×20

Endurance Work:

Run/Walk based on Fitness Level:

Beginner: 1-3 Miles

Intermediate: 3-5 Miles

Advanced: 5+ Miles

Metal Bat Workout Routine: Additional Optional Training Resources

Endurance Training 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 Train After Your First 5K \(Workout Included\)](#)

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](#)