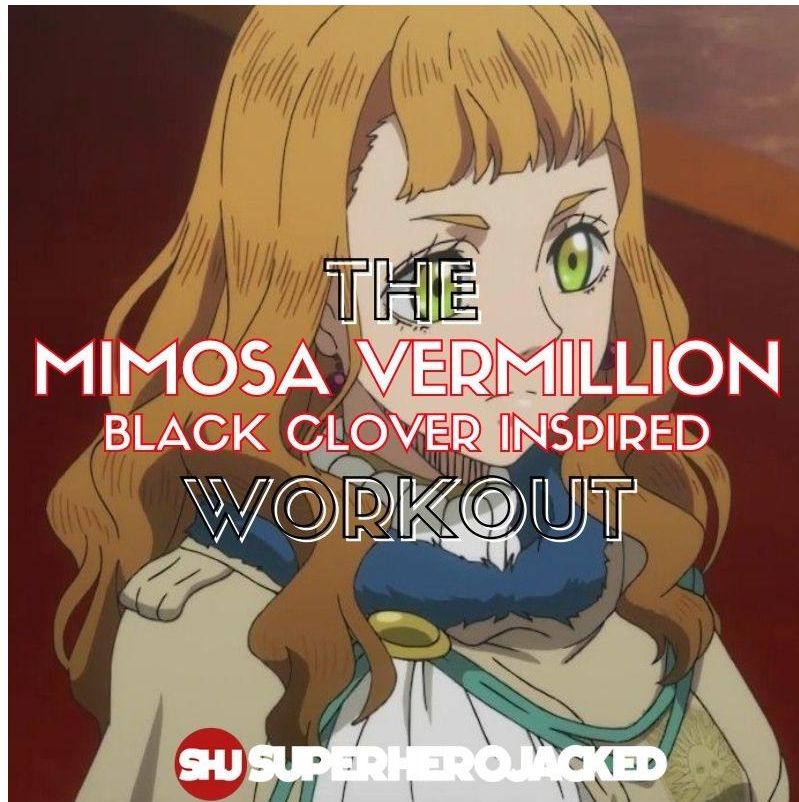


MIMOSA VERMILLION WORKOUT ROUTINE



Bonus PDF File
By: Mike Romaine

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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.

MIMOSA VERMILLION WORKOUT ROUTINE

Training Volume:

3-5 days per week

Explanation:

For this one, as I mentioned, we'll be using some basic calisthenics work and mixing it in with endurance and HIIT training so we're ready to not only cosplay as Mimosa but also step on the battlefield with other Magic Knights!

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.

Mimosa Vermillion Workout Routine: Sample Workout Schedule

Monday: Magic Knight Endurance, Core and Calisthenics A

Tuesday: Golden Dawn Training Big Circuit Test

Wednesday: Magic Knight Endurance, Core and Calisthenics B

Thursday: Active Rest or Varied Cardio

Friday: Magic Knight Endurance, Core and Calisthenics C

Saturday: Active Rest Day

Sunday: Mandatory Rest Day

Mimosa Vermillion Workout Routine: Magic Knight Endurance, Core and Calisthenics A

Warm Up:

25 High Knees

25 Jumping Jacks

25 Butt Kickers

Endurance Training:

For this section your job is endurance training. In it's most basic form you can keep it simple with running based on your overall fitness level, BUT, if you'd like to step it up a notch you can also switch it to things like bike, row, swim, and other endurance training; but you will need to swap the distance/duration accordingly.

Running Based On Fitness Level:

Beginner: 1-3 Miles

Intermediate: 3-5 Miles

Advanced: 5+ Miles

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 \(Workout Included\)](#)

Calisthenics and Core:

Push Ups

3×20

Air Squats

3×25

Pike Push Ups

3×10

Sit Ups

3×25

Flutter Kicks

3×50

Mimosa Vermillion Workout Routine: Golden Dawn Training Big 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.

Plant and Healer Magic Circuit Test: Complete For Time

Complete 4 Rounds

400M Run

20 Pause Push Ups

10 Chair Dips

20 Air Squats

60 Second Plank

20 Jumping Jacks

10 Wall Climbs (or Pike Push Ups)

20 Mountain Climbers

Mimosa Vermillion Workout Routine: Magic Knight Endurance, Core and Calisthenics B

Warm Up:

25 High Knees

25 Jumping Jacks

25 Butt Kickers

Endurance Training:

For this section your job is endurance training. In it's most basic form you can keep it simple with running based on your overall fitness level, BUT, if you'd like to step it up a notch you can also switch it to things like bike, row, swim, and other endurance training; but you will need to swap the distance/duration accordingly.

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Calisthenics and Core:

Knee Wide to Close Push Ups

3×20

Jumping Lunges

3×30

Wall Climbs

3×10

V-Ups

3×25

Lying Leg Raises

3×30

Mimosa Vermillion Workout Routine: Active Rest or Varied Cardio

You have a few options.

You can switch this up on a weekly or biweekly basis and act as though you didn't have any missions come in, or you can just rest every single week. Really, what you do, the choice is yours and you should listen to your body.

Here are some of my favorite options for Varied Cardio 30-60 Minutes:

- Treadmill Incline Walk
- Treadmill Walk/HIIT Sprints
- Row Machine/Row HIIT Sprints
- Bike/Bike HIIT Sprints
- Elliptical @Moderate Difficulty
- StairMaster

Mimosa Vermillion Workout Routine: Magic Knight Endurance, Core and Calisthenics C

Warm Up:

25 High Knees

25 Jumping Jacks

25 Butt Kickers

Endurance Training:

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- [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 \(Workout Included\)](#)

CALISTHENICS AND CORE:

Decline Push Ups

3×20

3-Point Squats

3×30

Inch Worm to Push Up

3×10

Bicycle Crunches

3×50

Lying Leg Raise with Hip Thrust

3×20

King Bradley Workout Routine: Optional Additional Training Resources

HIIT Resources:

- [The Best HIIT Workouts](#)
- [Jump Rope Workout Database](#)
- [Academy Members:](#) Go through our Benchmark Hero Workouts and/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](#)