

NERO 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.

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NERO WORKOUT ROUTINE

Training Volume:

3-5 days per week

Explanation:

You're going to have an extremely basic calisthenics workout to complete based on your overall experience level with training, and also a couple of days of cardio that can be done in a bunch of optional formats. I also included an option [Secre Swallowtail Magic Knight Circuit Test](#) for you to come back to whenever you'd like to re-test your skills.

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.

Nero Workout Routine: Sample Workout Schedule

Monday: Black Bulls Calisthenics Training

Tuesday: Sealing Magic Cardio

Wednesday: Black Bulls Calisthenics Training

Thursday: Sealing Magic Cardio

Friday: Black Bulls Calisthenics Training

Saturday: Optional Magic Knight Circuit Test

Sunday: Mandatory Rest Day

Nero Workout Routine: Black Bulls Calisthenics Training

The reps of which you are going to be doing each of your calisthenics movements will be based on your experience level with training/exercise overall.

For example, I'll give you 3 different total rep counts for each movement which will be for Beginner, Intermediate and Advanced Training Levels.

It is your job to complete all of the given reps using any amount of sets, supersets, or even circuit style training as you'd like.

(If you have 50 push ups you can do 5 sets of 10, or 2 sets of 25, or even superset it with other movements)

Calisthenics Work:

Push Ups:

Beginner: 50 reps

Intermediate: 100 reps

Advanced: 150 reps

Air Squats:

Beginner: 50 reps

Intermediate: 100 reps

Advanced: 150 reps

Sit Ups:

Beginner: 40

Intermediate: 70

Advanced 100

Lying Leg Raises:

Beginner: 40

Intermediate: 70

Advanced 100

Dips:

Beginner: 30

Intermediate: 50

Advanced: 100

Pull Ups or Chin Ups:

Beginner (Pike Push Ups): 30

Intermediate: 40-50 (depending on scaling)

Advanced: 75

Nero Workout Routine: Sealing Magic 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

Nero Workout Routine: Optional Secret Swallowtail Magic Knight 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!)

Secre Swallowtail Magic Knight Circuit Test Circuit Test: Complete for Time

Run 1 Mile

Complete 4 Rounds:

30 Air Squats

25 Mountain Climbers

20 Pause Push Ups

15 Chair Dips

10 Pike Push Ups

Nero 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](#)