

NOELLE SILVA WORKOUT ROUTINE



Bonus PDF File
By: Mike Romaine

Copyright Notice

No part of this report may be reproduced or transmitted in any form whatsoever, electronic, or mechanical, including photocopying, recording, or by any informational storage or retrieval system without expressed written, dated and signed permission from the author. All copyrights are reserved.

Disclaimer and/or Legal Notices

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.

NOELLE SILVA WORKOUT ROUTINE

Training Volume:

5 days per week

Explanation:

For this one we're going to be training with endurance, high intensity interval training and calisthenics. This will help us with overall aesthetic, muscle toning and fat burn while also working up to the speed and stamina we'll need to become Noelle Silva.

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.

Noelle Silva Workout Routine: Sample Workout Schedule

Monday: Black Bull Calisthenics and HIIT A

Tuesday: Magic Knight Long Distance Endurance Work: Running

Wednesday: Water Magic Circuit Test

Thursday: Magic Knight High Intensity Interval Training Sprints

Friday: Black Bull Calisthenics and HIIT B

Saturday: Active Rest Day or Full Rest

Sunday: Rest Day

Noelle Silva Workout Routine: Black Bull Calisthenics and HIIT A

Warm Up:

Walk/Jog 800M

Workout:

Mountain Climbers

3x20

Push Ups

3x15

Chair Dips

3x10

Cossack Squats

3x10 Each Side

Core:

Sit Ups

3x20

Lying Leg Raises

3×20

High Intensity Interval Training A: Complete 3 Rounds

- Sprint x 30 sec.
- Squat Jumps x 30 sec.
- Lunges x 20 each leg
- Glute Bridges x 30 sec.
- Rest 1 Minute Between Rounds

Alternative HIIT Resources:

- [The Best HIIT Workouts To Step Up Your Workout](#)
- [Jump Rope Workouts](#)
- [Academy Members:](#) Insert a Benchmark Hero Workout (Circuit) or SHJ Core Circuit Test

Noelle Silva Workout Routine: Magic Knight Long Distance Endurance Work: Running

Warm Up:

25 Jumping Jacks

25 High Knees

25 Butt Kicks

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 \(Workout Included\)](#)

Noelle Silva Workout Routine: Water Magic 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!)

Water Magic Circuit Test:

Warm Up:

25 Jumping Jacks

25 High Knees

25 Butt Kicks

Workout: Complete 2 Rounds

Run 800M

30 Air Squats

25 Sit Ups

20 Glute Bridges

20 Lunges [Total]

15 Push Ups

10 Dips

Noelle Silva Workout Routine: Magic Knight High Intensity Interval Training Sprints

Warm Up:

Walk 10 Minutes

HIIT Workout: Sprints 20 Minutes

"1 Minute On, 1 Minute Off"

One Minute ON: Sprint 60 Seconds at 7-10 MPH

One Minute OFF: Walk 60 Seconds at 2-3.5 MPH

Cooldown:

Walk 5 Minutes

Alternative HIIT Resources:

- [The Best HIIT Workouts To Step Up Your Workout](#)
- [Jump Rope Workouts](#)
- [Academy Members:](#) Insert a Benchmark Hero Workout (Circuit) or SHJ Core Circuit Test

Noelle Silva Workout Routine: Black Bull Calisthenics and HIIT B

Warm Up:

Walk/Jog 800M

Workout:

Jump Squats

3x20

Close to Wide Push Ups

3x15

Plank to Push Ups

3x10

Burpees

3x5

Core:

Bicycle Crunches

3×30

Flutter Kicks

3×30

High Intensity Interval Training B: Complete 3 Rounds

- Pike Push Ups x 10
- Jump Rope x 30
- Lunges x 20 (total)
- Jumping Jacks x 30
- Planking Knee Taps x 10
- Jump Rope x 30
- Half Burpees x 10

Alternative HIIT Resources:

- [The Best HIIT Workouts To Step Up Your Workout](#)
- [Jump Rope Workouts](#)
- [Academy Members:](#) Insert a Benchmark Hero Workout (Circuit) or SHJ Core Circuit Test

Noelle Silva 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](#)