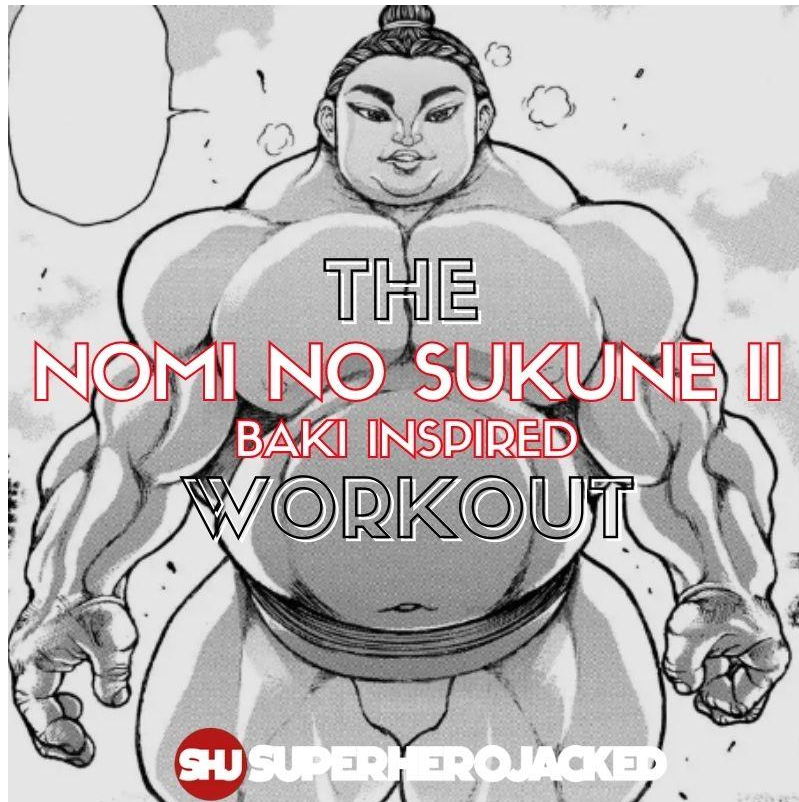


NOMI NO SUKUNE II WORKOUT ROUTINE



Bonus PDF File
By: Mike Romaine

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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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NOMI NO SUKUNE II WORKOUT ROUTINE

Training Volume:

5 days per week

Explanation:

We're going to be lifting HEAVY. We're going to devote four days to lifting our major compounds, and then a day to accessory work to work on anything that might fall behind.

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.

Nomi no Sukune II Workout: Sample Workout Schedule

Monday: Massive Bench Press

Tuesday: Massive Deadlift

Wednesday: Accessory Work

Thursday: Massive Squats

Friday: Massive Overhead Press

Saturday: Active Rest Day

Sunday: Mandatory Rest Day

Nomi no Sukune II Workout: Bench Press

Warm Up:

Warm up before each set 2-3 sets making it up to your “working set” for your compounds.

Heavy Workout:

Bench Press

5×5

Close Grip Bench

5×5

Incline Bench Press

5×5

Tricep Pushdowns

5×5

Accessory Work:

Cable Flys

3×10

Tricep Kickbacks

3×10

Dumbbell Pullovers

3×10

Tricep Overhead Extension

3×10

Nomi no Sukune II Workout: Deadlift

Warm Up:

Warm up before each set 2-3 sets making it up to your “working set” for your compounds.

Heavy Workout:

Deadlift

5×5

Preacher Curls

5×5

Bent Over Rows

5×5

Dumbbell Bicep Curls

5×5 each arm

Accessory Work:

Lateral Pulldowns

3×10

Hammer Curls (Cable or DB)

3×10

Cable Rows

3×10

Chin Ups

3×10

Nomi no Sukune II Workout: Accessory

Warm Up:

Warm up before each set 2-3 sets making it up to your “working set” for your compounds.

Accessory Work:

Heavy Tire Flip

3×50 yd

Heavy Kettlebell Swings

3×10

Farmers Carry

3×50 yd

Heavy Barbell Power Cleans

3×10

Heavy Tire Flip

3×50 yd

Heavy Barbell Shrugs

3×10

Farmers Carry

3×50 yd

Nomi no Sukune II Workout: Squats

Warm Up:

Warm up before each set 2-3 sets making it up to your “working set” for your compounds.

Heavy Workout:

Back Squat

5×5

Leg Press

5×5

Front Squats

5×5

Hamstring Curls

5×5

Accessory Work:

Seated Calf Raises

3×10

Quad/Leg Extension

3×10

Bulgarian Split Squats

3×10

Straight Leg Deadlift

3×10

Nomi no Sukune II Workout: Military Press

Warm Up:

Warm up before each set 2-3 sets making it up to your “working set” for your compounds.

Heavy Workout:

Military Press

5×5

Barbell Shrugs

5×5

Arnold Press

5×5

Cable Lateral Raises

5×5

Accessory Work:

Shoulder DB Front Raises

3×10

Barbell Upright Rows

3×10

Dumbbell Shrugs

3×10

Face Pulls

3×10

Nomi no Sukune II Workout Routine: Optional Additional Training Resources

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 \(Workout Included\)](#)

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](#)