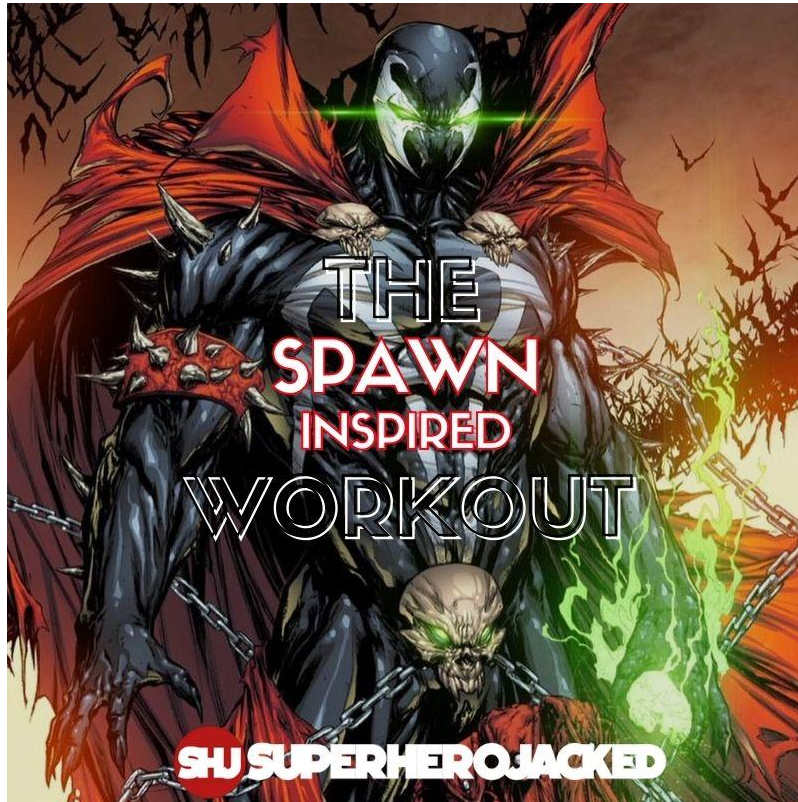


SPAWN WORKOUT ROUTINE



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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SPAWN WORKOUT ROUTINE

Training Volume:

5-6 days per week

Explanation:

For this one we'll have 4 days of weightlifting with some short endurance work, a day devoted to a Hellspawn Circuit Test, and a final day devoted to some longer distance endurance training while giving our muscles a rest (and the last day of the week being a mandatory full rest day).

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.

Spawn Workout: Sample Workout Schedule

Monday: Marine Corps/Assassin/Spawn Chest and Triceps

Tuesday: Marine Corps/Assassin/Spawn Legs, Calves and Core

Wednesday: Long Distance Cardio Work

Thursday: Marine Corps/Assassin/Spawn Shoulders, Traps and Core

Friday: Marine Corps/Assassin/Spawn Back and Biceps

Saturday: Hellspawn Circuit Test

Sunday: Mandatory Rest Day

Spawn Workout: Marine Corps/Assassin/Spawn Chest and Triceps

Warm Up:

10-30 Minutes of Varied Cardio

Workout:

Tri-Set A:

A. Incline Dumbbell Bench Press

3×12, 10, 8

B. Incline Dumbbell Chest Flys

3×10

C. Incline Dumbbell Hex Press

3×10

Tri-Set B:

A. Cable Tricep Pushdowns

3×15

B. Cable Overhead Extension

3×12

C. Cable Tricep Kickbacks

3×10 each arm

Tri-Set C:

A. Push Ups

3×30

B. Dips

3×15

C. Planking Shoulder Taps

3×30

Spawn Workout: Marine Corps/Assassin/Spawn Legs, Calves and Core

Warm Up:

10-30 Minutes of Varied Cardio

Workout:

Tri-Set A:

A. Back Squat

3×12, 10, 8

B. Light Bulgarian Splits

3×10 each leg

C. Weighted Lunges

3×10

Tri-Set B:

A. Leg Press

3×12

B. Calf Raises on Leg Press

3×12

C. Double Unders

3×30

Tri-Set C:

A. Sit Ups

3×30

B. Cable Crunches

3×15

C. Toes to Bar

3×10

Spawn Workout Routine: Long Distance Endurance Work

This long distance endurance work is something you're going to build up and work on over time.

To start out it might only be 1-2 miles walking and running on and off, but as you build up your endurance you'll slowly work up to 5+ miles of running each time.

I will provide more resources to help below.

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

Spawn Workout: Marine Corps/Assassin/Spawn Shoulders, Traps and Core

Warm Up:

10-30 Minutes of Varied Cardio

Workout:

Tri-Set A:

A. Seated DB Overhead Press

3×12, 10, 8

B. Seated DB Front Raises

3×10

C. Seated Lateral Raises

3×10

Tri-Set B:

A. Barbell Shrugs

3×15

B. DB Cleans

3×12

C. DB Shrug Blowout

3×Failure

Tri-Set C:

A. Hanging Leg Raises

3×30

B. V-Ups

3×25

C. Russian Twists

3×Failure

Spawn Workout: Marine Corps/Assassin/Spawn Back and Biceps

Warm Up:

10-30 Minutes of Varied Cardio

Workout:

Tri-Set A:

A. Deadlifts

3×12, 10, 8

B. Bentover Barbell Rows

3×10

C. Bentover DB Rows [Light]

3×Failure

Tri-Set B:

A. Wide Grip Pulldowns

3×15

B. High Cable Curls

3×12

C. Cable Hammer Curls w/ Rope

3xFailure

Tri-Set C:

A. Wide to Close Push Ups

3x30

B. Chin Ups

3x10-15

C. Superman Hold

3xFailure

Spawn Workout: Hellspawn 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!)

Hellspawn Circuit Test: Complete 2 Rounds

25 Pull Ups

50 Deadlifts @135

50 Push Ups

50 Box Jumps

50 Floor Wipers @135

50 Clean and Press @95

25 Pull Ups

Spawn 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](#)