

SPEED-O-SOUND SONIC 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.

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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SPEED-O-SOUND SONIC WORKOUT ROUTINE

Training Volume:

5+ days per week

Explanation:

We're going to be using 3 days of calisthenics training and then 2 days of high intensity (one specifically a villain circuit test and another long endurance and/or HIIT) to train to become Sonic, all on top of bonus endurance and mixed martial arts training.

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 & tradition pyramid training, straight sets, super sets, progressive overload and more.

Speed-o'-Sound Sonic Workout: Sample Workout Schedule

Monday: Ninja Training A

Tuesday: Ninja Villain Circuit Test

Wednesday: Ninja Training B

Thursday: Endurance Work and/or HIIT

Friday: Ninja Training C

Saturday: Additional Optional Training Resources

Sunday: Rest

Speed-o'-Sound Sonic Workout: Ninja Training A

Warm Up:

400-800M Jog

Workout:

Muscle Ups (Rings)

3×5

Handstand Push Ups

3×8

Explosive Close to Wide Push Ups

3×20

Dips

3×20

Straight Body Pulls (Rings)

3×5

Hollow Hold

3×30 Seconds

Ab Workout:

V-Ups

3×Failure

Hollow Rocks

3×30

Stability Ball Plank Holds

3×Failure

Speed-o'-Sound Sonic Workout: Ninja Villain 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!)

Father's Circuit Test: Complete 5 Rounds for Time

Scale down to 3-4 rounds if needed.

100 Jump Rope

30 Push Ups

50 Boxer Skips

25 Air Squats

50 Boxer Skips

25 Jumping Lunges

50 Boxer Skips

30 Mountain Climbers

Speed-o'-Sound Sonic Workout: Ninja Training A

Warm Up:

400-800M Jog

Workout:

Muscle Ups (Bar)

3×8

Wall Climbs

3×12

Clap Push Ups

3×25

Dips

3×20

L-Sit Holds

3×30 Seconds

Reverse Superman Holds

3×30 Seconds

Ab Workout:

Sit Ups with Twist

3×Failure

Hanging Leg Raises

3×30

Forearm Planks

3×60 seconds

Speed-o'-Sound Sonic Workout: Endurance Work 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

Speed-o'-Sound Sonic Workout: Ninja Training C

Warm Up:

400-800M Jog

Workout:

Chin Ups

3×10

Inch Worms

3×15

Push Ups

3×30

Dips

3×20

Wide Grip Pull Ups

3×5

Hollow Hold

3×30 Seconds

Ab Workout:

V-Ups

3×30

Lying Leg Raises w/ Hip Thrust

3×30

Side Planks

3×30 Seconds Each Side

Speed-o'-Sound Sonic 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](#)