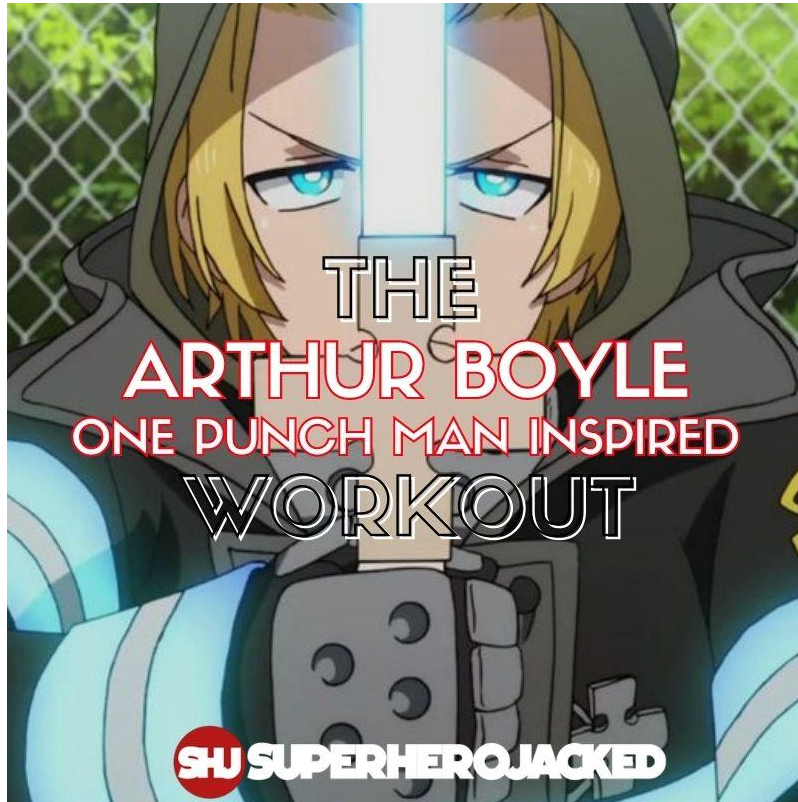


ARTHUR BOYLE WORKOUT ROUTINE



Bonus PDF File
By: Mike Romaine

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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.

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ARTHUR BOYLE WORKOUT ROUTINE

Training Volume:

5 days per week

Explanation:

We're going to be training with 3 full body training days per week and then 1 day devoted to a Fire Force Company 8 Circuit Test and another 1 day devoted to endurance specific training to hit on the stamina 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 & traditional pyramid training, straight sets, super sets, progressive overload and more.

Arthur Boyle Workout Routine: Sample Schedule

Monday: Excalibur Full Body Training A

Tuesday: Fire Force Company 8 Circuit Test

Wednesday: Excalibur Full Body Training B

Thursday: Third Generation Endurance Work

Friday: Excalibur Full Body Training C

Saturday: Optional Additional Training with Resources

Sunday: Rest Day

Arthur Boyle Workout Routine: Excalibur Full Body Training A

Warm Up:

800M Jog

Workout:

Dumbbell Bench Press

4×15, 12, 10, 8

Upright Rows

3×12, 10, 8

Bent Over Rows

3×12, 10, 8

Leg Press

3×12, 10, 8

Preacher Curls

3×10

Tricep Cable Pushdowns

3×10

Core Work:

Sit Ups

3×30

Knee Raises with Twist

3×30

Arthur Boyle Workout Routine: Fire Force Company 8 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!)

Fire Force Company 8 Circuit Test: Complete 2 Rounds for Time

Run 1 Mile

30 Kettlebell Swings

25 Push Ups

20 Goblet Squats

15 Dips

10 KB Clean and Press

5 Pull Ups

Arthur Boyle Workout Routine: Excalibur Full Body Training B

Warm Up:

800M Jog

Workout:

Deadlift

4×15, 12, 10, 8

Seated Arnold Press

3×12, 10, 8

Chest Flyes

3×12, 10, 8

Hamstring Curls

3×12, 10, 8

Alternating Hammer Curls (Dumbbell)

3×10 each arm

Tricep Cable Kickbacks

3×10 each arm

Core Work:

V-Ups

3×30

Lying Leg Raises into Flutter Kicks

3×30 -> 50

Arthur Boyle Workout Routine: Third Generation Endurance Work

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

Arthur Boyle Workout Routine: Excalibur Full Body Training C

Warm Up:

800M Jog

Workout:

Back Squats

4×15, 12, 10, 8

Lateral Raises

3×12, 10, 8

Wide Grip Cable Pulldowns

3×12, 10, 8

Weighted Dips

3×12, 10, 8

High Cable Curls

3×10

Seated Overhead Dumbbell Extensions

3×10

Core Work:

Cable Crunches

3×30

Knees to Elbow

3×30

Arthur Boyle 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](#)