

BLACKBEARD 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.

BLACKBEARD WORKOUT ROUTINE

Training Volume:

5 days per week

Explanation:

We're going to be training with a mix of reverse pyramid training, traditional pyramid training and straight sets on our PPL (Push Pull Legs) 3 day weight lifting split to maximize our mass and strength gains and then we'll have one day per week solely devoted to endurance work and another day devoted to a Four Emperors Circuit Test that will mix our weight training with Blackbeard's endurance work that is needed.

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.

Blackbeard Workout Routine: Sample Schedule

Monday: Blackbeard Pirates Push Day

Tuesday: Four Emperors Circuit Test

Wednesday: Blackbeard Pirates Pull Day

Thursday: Enhanced Endurance Training Day

Friday: Blackbeard Pirates Leg Day

Saturday: Optional Additional Training with Resources

Sunday: Rest Day

Blackbeard Workout Routine: Blackbeard Pirates Push Day

Warm Up:

10 Minute Incline Walk

Compound Lift: Reverse Pyramid Training

Barbell Bench Press

4×4, 6, 8, 10

Accessory Work A: Traditional Pyramid Training

Incline Dumbbell Bench Press

3×12, 10, 8

Cable Tricep Pushdowns

3×12, 10, 8

Chest Flyes

3×12, 10, 8

Accessory Work B: Straight Sets

Seated Tricep Overhead Extension

3×10

Weighted Dips

3×8-10

Blackbeard Workout Routine: Four Emperors 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!)

Four Emperors Circuit Test: Complete 4 Rounds for Time

800M Run

25 Deadlifts @185

15 Power Cleans @135

10 Bench Press @185

5 Back Squat @135

Blackbeard Workout Routine: Blackbeard Pirates Pull Day

Warm Up:

10 Minute Incline Walk

Compound Lift: Reverse Pyramid Training

Deadlift

4×4, 6, 8, 10

Accessory Work A: Traditional Pyramid Training

Bent Over Rows

3×12, 10, 8

Preacher Curls

3×12, 10, 8

Wide Grip Cable Pulldowns

3×12, 10, 8

Accessory Work B: Straight Sets

Close Grip Cable Rows

3×10

Alternating DB Hammer Curls

3×10 each arm

Blackbeard Workout Routine: Enhanced Endurance Training Day

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

Blackbeard Workout Routine: Blackbeard Pirates Leg Day

Warm Up:

10 Minute Incline Walk

Compound Lift: Reverse Pyramid Training

Back Squats

4×4, 6, 8, 10

Accessory Work A: Traditional Pyramid Training

Leg Press

3×12, 10, 8

Calf Raise on Leg Press

3×20, 15, 10

Bulgarian Split Squats

3×12, 10, 8 each leg

Accessory Work B: Straight Sets

Hamstring Curls

3×10

Quad Extensions

3×10

Blackbeard 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](#)