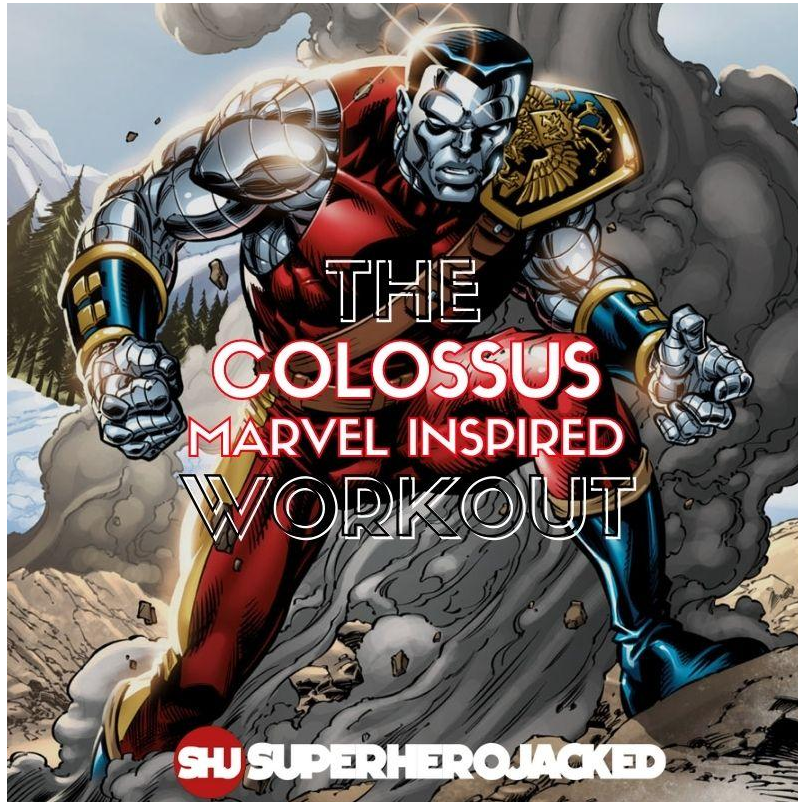


COLOSSUS WORKOUT ROUTINE



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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COLOSSUS WORKOUT ROUTINE

Training Volume:

5 days per week

Explanation:

For this one we're going to train four days per week utilizing big compounds as our "main" focus and then building accessory lifts around them – with our fifth day being devoted to the Colossus Circuit Test I mentioned above.

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.

Colossus Workout Routine: Sample Schedule

Monday: Steel Bench Press, Chest and Triceps

Tuesday: Steel Deadlifts, Back and Biceps

Wednesday: Colossus Circuit Test

Thursday: Steel Overhead Press, Shoulders and Traps

Friday: Steel Back Squat, Legs and Calves

Saturday: Optional Additional Training with Resources

Sunday: Rest Day

Colossus Workout Routine: Steel Bench Press, Chest, and Triceps

Warm Up Cardio:

20-45 Minutes of Varied Cardio

Treadmill Walk/Jog, Bike, Row, Swim, Elliptical, etc.

Compound:

Incline Bench Press

4×6, 8, 10, 12

Accessory Work:

Close Grip Bench Press

3×12, 10, 8

Pec Deck

3×12, 10, 8

Superset A:

A. Cable Pushdowns

3×10

B. Overhead Tricep Extensions (Cable)

3×10

Superset B:

A. Incline Cable Flys

3×10

B. Push Ups

3×Failure

Weighted Dips

3×5-10

Colossus Workout Routine: Steel Deadlift, Back, and Biceps

Warm Up Cardio:

20-45 Minutes of Varied Cardio

Treadmill Walk/Jog, Bike, Row, Swim, Elliptical, etc.

Compound:

Deadlift

4×6, 8, 10, 12

Accessory Work:

Cable Rows

3×12, 10, 8

Wide Grip Cable Pulldowns

3×12, 10, 8

Superset A:

A. Alternating Bicep Curls [Dumbbells]

3×10

B. Alternating Hammer Curls [Dumbbells]

3×10

Superset B:

A. High Cable Curls

3×10

B. Wide to Close Push Ups

3×Failure

Weighted Chin Ups

3×5-10

Colossus Workout Routine: Colossus Circuit Test (and Hero Endurance)

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!)

Colossus Circuit Test: Complete 3 Rounds for Time

Run 800M

25 Deadlifts @135

20 Front Squats @95

15 Chin Ups

10 Bench Press @185

Colossus Workout Routine: Steel Overhead Press, Shoulders, and Traps

Warm Up Cardio:

20-45 Minutes of Varied Cardio

Treadmill Walk/Jog, Bike, Row, Swim, Elliptical, etc.

Compound:

Overhead Press

4×6, 8, 10, 12

Accessory Work:

Barbell Shrugs

3×12, 10, 8

Upright Rows

3×12, 10, 8

Superset A:

A. Hang Cleans

3×10

B. Dumbbell Shrugs

3×10

Superset B:

A. Shoulder DB Front Raises

3×10

B. Push Ups

3×Failure

Arnold Press

3×5-10

Colossus Workout Routine: Steel Back Squat, Legs, and Calves

Warm Up Cardio:

20-45 Minutes of Varied Cardio

Treadmill Walk/Jog, Bike, Row, Swim, Elliptical, etc.

Compound:

Back Squat

4×6, 8, 10, 12

Accessory Work:

Leg Press

3×12, 10, 8

Seated Calf Raises

3×12, 10, 8

Superset A:

A. Hamstring Curls (or Kickbacks)

3×10

B. Quad Extension

3×10

Superset B:

A. Weighted Lunges

3×10 each leg

B. Glute Bridges

3×Failure

Cable Pullthroughs

3×8-10

Colossus 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 \(Workout Included\)](#)

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](#)