

DANIEL EZRA 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.

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DANIEL EZRA WORKOUT ROUTINE

Training Volume:

5+ days per week

Explanation:

Daniel Ezra's routine is minimum 5 days per week, but he sometimes adds in an extra day of weightlifting on his own, or even gets in a hike or some extra training wherever and whenever he can. For that reason we'll be prioritizing the five days around the training regime and style he shared, but I'll also share some extra resources for you to utilize as well.

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.

Daniel Ezra Workout: Sample Schedule

Monday: Bench Press, Chest and Triceps

Tuesday: Back Squats, Legs and Calves

Wednesday: Pull Ups and Accessory Work with Isolation

Thursday: Overhead Press, Shoulders and Traps

Friday: Deadlifts, Back and Biceps

Saturday: Mandatory Rest Day

Sunday: Rest Day (or Active Rest Cardio)

Daniel Ezra Workout: Daily Morning Routine

Daniel says “No matter where I am, I will get up, meditate for 5 to 10 minutes, then do push-ups, sit-ups, squats, and calf raises. I’ll work up a sweat, but it’s more like waking myself up and getting in a good place to start my day.”

Meditate 5-10 Minutes

Push Ups 2×20-30

Sit Ups 2×10-20

Squats 2×15-30

Calf Raises 2×20-30

Daniel Ezra Workout: Bench Press, Chest and Triceps

Cardio Warm Up:

Choose between Skip or Run:

Jump Rope Skips

3-5 sets of 100

Treadmill or Outdoor Run

20-30 Minutes On and Off

Compound Lift:

Dumbbell Bench Press

4×12, 10, 8, 5

Accessory Work:

Cable Tricep Pushdowns with Rope

3×12, 10, 8

Incline Hammer Strength Press

3×12, 10, 8

Seated Tricep Overhead Extension

3×10

Chest Flys

3×10

Superset:

A. Push Ups

3×25

B. Dips

3×10-15

Ab Finisher:

Sit Ups

3×20

Hanging Knee Raises

3×20

Plank

3×60 Seconds

Daniel Ezra Workout: Back Squats, Legs and Calves

Cardio Warm Up:

Choose between Skip or Run:

Jump Rope Skips

3-5 sets of 100

Treadmill or Outdoor Run

20-30 Minutes On and Off

Compound Lift:

Back Squats

4×12, 10, 8, 5

Accessory Work:

Leg Press

3×12, 10, 8

Weighted Glute Bridges

3×12, 10, 8

Hamstring Curls

3×10

Quad Extensions

3×10

Superset:

A. Weighted Lunges

3×20

B. Box Jumps

3×10-15

Ab Finisher:

Bicycle Crunches

3×30

Hanging Knee Raises with Twist

3×20

Hollow Hold

3×30 Seconds

Daniel Ezra Workout: Pull Ups, Accessory Work and Isolation

Cardio Warm Up:

Choose between Skip or Run:

Jump Rope Skips

3-5 sets of 100

Treadmill or Outdoor Run

20-30 Minutes On and Off

Compound Lift:

Pull Ups

5×5-15 reps

Accessory Work:

Superset A:

A. Close to Wide Push Ups

3×20

B. Jumping Lunges

3×20

Superset B:

A. Inch Worm Push Ups

3×10

B. Wall Sits

3×60 Seconds

Superset C:

A. Plank to Push Ups

3×10

B. Superman Hold

3×20 Seconds

Circuit Finisher: Complete 2 Rounds

Run 400M

10 Clap Push Ups

20 Double Unders

10 Pause Squats

20 Crunches

10 Pike Push Ups

Rest 1-5 minutes as needed

Daniel Ezra Workout: Overhead Press, Shoulders and Traps

Cardio Warm Up:

Choose between Skip or Run:

Jump Rope Skips

3-5 sets of 100

Treadmill or Outdoor Run

20-30 Minutes On and Off

Compound Lift:

Barbell Shoulder Press

4×12, 10, 8, 5

Accessory Work:

Barbell Shrugs

3×12, 10, 8

Dumbbell Front Raises

3×12, 10, 8

Lateral Raises

3×10

Face Pulls

3×10

Superset:

A. Dumbbell Shrugs

3×20

B. Dumbbell Cleans

3×10-15

Ab Finisher:

Sit Ups with Twist

3×30

Flutter Kicks

3×Failure

Side Planks

3×30 Seconds each side

Daniel Ezra Workout: Deadlifts, Back and Biceps

Cardio Warm Up:

Choose between Skip or Run:

Jump Rope Skips

3-5 sets of 100

Treadmill or Outdoor Run

20-30 Minutes On and Off

Compound Lift:

Deadlifts

4×12, 10, 8, 5

Accessory Work:

Bent Over Rows

3×12, 10, 8

Wide Grip Pulldowns

3×12, 10, 8

Wide Grip Cable Rows

3×10

Preacher Curls

3×10

Superset:

A. High Cable Curls

3×12

B. Wide to Close Push Ups

3×Failure

Ab Finisher:

Cable Crunches

3×30

Hanging Leg Raises

3×20

Superman Hold

3×30 Seconds

Daniel Ezra Workout Routine: Bonus 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](#)