

DRACULE MIHAWK 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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DRACULE MIHAWK WORKOUT ROUTINE

Training Volume:

3-5+ days per week

Explanation:

For this one we're going to be training with 3 days a week of full body and heavy volume training and then 1 day devoted to a Swordsman Circuit Test and a final day working specifically around endurance to keep up with Dracule's swordsmanship.

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.

Dracule Mihawk Workout Routine: Sample Schedule

Monday: Pirate Full Body Training A

Tuesday: Swordsman Circuit Test

Wednesday: Pirate Full Body Training B

Thursday: Swordsman Endurance Work

Friday: Pirate Full Body Training C

Saturday: Optional Additional Training with Resources

Sunday: Rest Day

Dracule Mihawk Workout Routine: Pirate 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

Dracule Mihawk Workout Routine: Swordsman 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!)

Swordsman Circuit Test: Complete 4 Rounds for Time

10 KB Clean and Press

20 Push Ups

25 Kettlebell Swings

20 KB Deadlifts

10 Pull Ups

Dracule Mihawk Workout Routine: Pirate 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

Dracule Mihawk Workout Routine: Swordsman Endurance 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

Dracule Mihawk Workout Routine: Pirate 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

Muzan Kibutsuji 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](#)