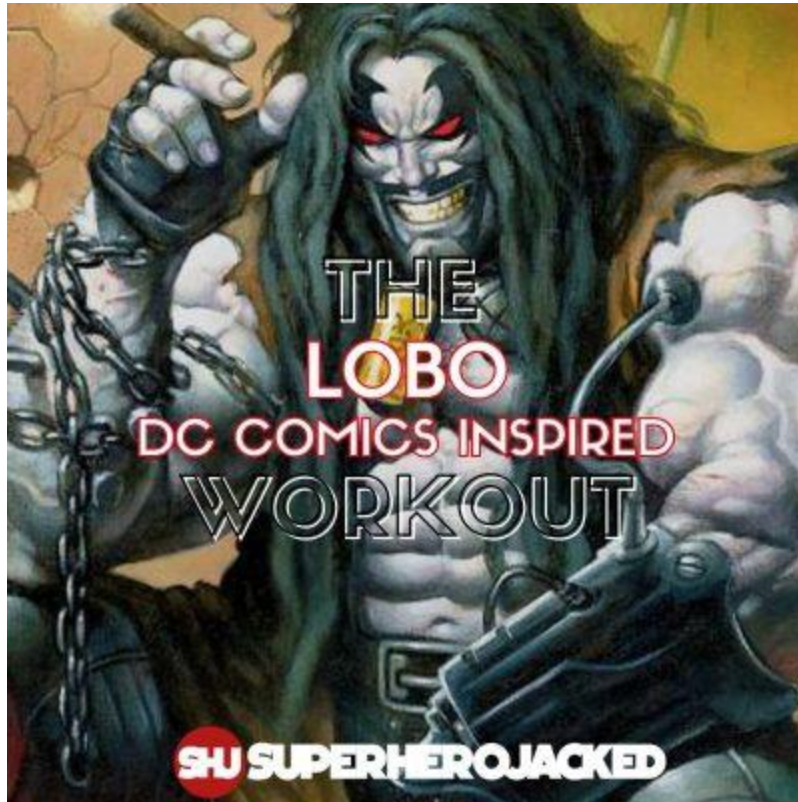


LOBO

WORKOUT ROUTINE



Bonus PDF File
By: Mike Romaine

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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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LOBO WORKOUT ROUTINE

Training Volume:

4-6 days per week

Explanation:

We're going to be training with 4 days of weightlifting and then 2 days devoted to different forms of endurance work. One day will be a circuit similar to our Benchmark Hero Workouts inside The Academy (specifically for Lobo) and then another day will be devoted to optional endurance work.

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.

Lobo Workout Routine: Sample Schedule

Monday: Bench Press, Chest, Triceps and Light Cardio Finisher

Tuesday: Deadlift, Back, Biceps and Light Cardio Finisher

Wednesday: Lobo Bounty Hunter Circuit Test

Thursday: Overhead Press, Shoulders, Traps and Light Cardio Finisher

Friday: Back Squat, Legs, Calves and Light Cardio Finisher

Saturday: Optional Additional Training with Resources (Add in Optional Endurance Work Here)

Sunday: Rest Day

Lobo Workout Routine: Bench Press, Chest, Triceps and Light Cardio Finisher

Warm Up:

5-15 Minute Incline Walk

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

3xFailure

Weighted Dips

3×5-10

Light Cardio Finisher:

10-30 Minutes on Treadmill

Lobo Workout Routine: Deadlift, Back, Biceps and Light Cardio Finisher

Warm Up:

5-15 Minute Incline Walk

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

3xFailure

Weighted Chin Ups

3×5-10

Light Cardio Finisher:

10-30 Minutes on Rower

Lobo Workout Routine: Lobo Bounty Hunter 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!)

Lobo Bounty Hunter Circuit Test: Complete 4 Rounds for Time

Run 400M

30 Air Squats

25 Kettlebell Swings

20 Mountain Climbers

15 Deadlifts

10 Sit Ups

8 Bench Press

Lobo Workout Routine: Overhead Press, Shoulders, Traps and Light Cardio Finisher

Warm Up:

5-15 Minute Incline Walk

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

Light Cardio Finisher:

10-30 Minutes on Bike

Lobo Workout Routine: Back Squat, Legs, Calves and Light Cardio Finisher

Warm Up:

5-15 Minute Incline Walk

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

Light Cardio Finisher:

10-30 Minutes on Stair Master

Lobo Workout Routine: Optional 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

Lobo 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](#)