

AKAINU 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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AKAINU WORKOUT ROUTINE

Training Volume:

5 days per week

Explanation:

For this one we're prioritizing mass, strength and endurance so we'll be training around 5x5 compounds and then heavy weightlifting. At the end of each session you'll have some varied cardio to also work on your endurance while shredding off some extra calories and unnecessary fat. I also tacked on a Massive Marine Circuit Test which you can hit each week, or come back biweekly to retest and see how you improve.

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.

Akainu Workout: Sample Workout Schedule

Monday: Marine Mass Bench Press and Cardio

Tuesday: Marine Mass Back Squats and Cardio

Wednesday: Massive Marine Circuit Test

Thursday: Marine Mass Deadlifts and Cardio

Friday: Marine Mass Overhead Press and Cardio

Saturday: Active Rest or Bonus Endurance Work

Sunday: Mandatory Rest Day

Akainu Workout: Marine Mass Bench Press and Cardio

Warm Up:

10 Minute Incline Walk

Compound:

Bench Press

5×10,8,5,5,5

Workout:

Incline Bench Press

4×12

Overhead Tricep Extension

4×12

Cable Crossovers

4×12

Cable Pushdowns

4×12

Cardio:

Complete 10-30 Minutes of Varied Cardio:

Feel free to do 30 minutes of one option and switch it up on other days OR do 10-15 minutes of multiple options listed on one given day.

- High Incline Walk
- Treadmill Sprints
- Bike Interval Training
- StairMaster
- High Intensity Elliptical
- Rower

Akainu Workout: Marine Mass Back Squats and Cardio

Warm Up:

10 Minute Incline Walk

Compound:

Back Squat

5×10,8,5,5,5

Workout:

Leg Press

4×12

Hamstring Curls

4x12

Hack Squats

4x12

Calf Raises (Seated or Standing)

4x12

Cardio:

Complete 10-30 Minutes of Varied Cardio:

Feel free to do 30 minutes of one option and switch it up on other days OR do 10-15 minutes of multiple options listed on one given day.

- High Incline Walk
- Treadmill Sprints
- Bike Interval Training
- StairMaster
- High Intensity Elliptical
- Rower

Akainu Workout: Massive Marine 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!)

Massive Marine Circuit Test: For time, 10-9-8-7-6-5-4-3-2-1 reps:

- **Deadlift** at 1.5x body weight
- **Bench** press at body weight
- **Clean** at 0.75x body weight

Akainu Workout: Marine Mass Deadlifts and Cardio

Warm Up:

10 Minute Incline Walk

Compound:

Deadlift

5×10,8,5,5,5

Workout:

Wide Grip Lateral Pulldowns

4×12

T-Bar Rows

4×12

Barbell Shrugs

4×12

Bent Over Dumbbell Rows

4×12

Cardio:

Complete 10-30 Minutes of Varied Cardio:

Feel free to do 30 minutes of one option and switch it up on other days OR do 10-15 minutes of multiple options listed on one given day.

- High Incline Walk
- Treadmill Sprints
- Bike Interval Training
- StairMaster
- High Intensity Elliptical
- Rower

Akainu Workout: Marine Mass Overhead Press and Cardio

Warm Up:

10 Minute Incline Walk

Compound:

Overhead Press

5×10,8,5,5,5

Workout:

Front Raises w/ Plate

4x12

Upright Rows w/ DBs

4x12

Dumbbell Shrugs

4x12

Face Pulls

4x12

Cardio:

Complete 30 Minutes of Varied Cardio:

Feel free to do 10-30 minutes of one option and switch it up on other days OR do 10-15 minutes of multiple options listed on one given day.

- High Incline Walk
- Treadmill Sprints
- Bike Interval Training
- StairMaster
- High Intensity Elliptical
- Rower

Akainu 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 \(Workout Included\)](#)

High Intensity Interval Training Resources:

- [The Best HIIT Workouts](#)
- [Jump Rope Workout Database](#)
- [Academy Members:](#) Insert a Benchmark Hero Workout (Circuit) or SHJ Core Circuit Test

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](#)

