

DOMA 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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DOMA WORKOUT ROUTINE

Training Volume:

3-5+ days per week

Explanation:

We're going to be training with 3 full body training days per week and then 1 day devoted to a circuit test (this is actually Muzan's "Demon King Circuit" Test we'll be using) and 1 final day devoted to extra endurance work to work around Doma's specific abilities.

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.

Muzan Kibutsuji Workout Routine: Sample Schedule

Monday: Demon Full Body and Cardio A

Tuesday: Demon King Circuit A

Wednesday: Demonic Full Body Training B

Thursday: Demon King Circuit B

Friday: Demonic Full Body Training C

Saturday: Optional Additional Training with Resources

Sunday: Rest Day

Doma Workout Routine: Demon Full Body and Cardio A

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

Cardio:

Run 1-3 Miles

Doma Workout Routine: Demon King 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!)

Circuit: Complete 2 Rounds

25 Pull Ups

50 Kettlebell Swings

50 Push Ups

50 Bicycle Crunches

50 Box Jumps

50 Light Dumbbell Clean and Press

25 Pull Ups

Doma Workout Routine: Demon Full Body and Cardio 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

Cardio:

Run 1-3 Miles

Doma Workout Routine: Demon 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

Doma Workout Routine: Demon Full Body and Cardio 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

Cardio:

Run 1-3 Miles

Doma 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](#)