

JOSHUA ORPIN WORKOUT ROUTINE



Bonus PDF File
By: Mike Romaine

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JOSHUA ORPIN WORKOUT ROUTINE

Training Volume:

3-5 days per week

Explanation:

For this one we're going to be piecing together Joshua Orpin's workout from the research we've done into half a dozen other Titans that he has been training with; especially Alan Ritchson – who he makes specific mention to.

You'll see Ritchson's endurance work and calisthenics and then we pair training styles with weights we saw from Brenton Thwaites, as well as MMA resources from Diop and Potter!

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.

Joshua Orpin Workout Routine: Sample Schedule

Monday: Superboy Leg Day

Tuesday: Hawk Calisthenics

Wednesday: Superboy Push Day

Thursday: Ritchson's Weekly Long Distance Run

Friday: Superboy Pull Day

Saturday: Optional Additional Training with Resources

Sunday: Rest Day

Joshua Orpin Workout Routine: Superboy Leg Day

Warm Up:

Run 800-1600M

Optional Ritchson Sprints:

"At least two days a week are dedicated to high-intensity sprints. After a light warm-up run (approximately 10 minutes), he does a series of sprints totaling 1,000 meters."

Workout:

Back Squats

3×12, 10, 8

Leg Press

3×12, 10, 8

Seated Calf Raises

3×12, 10, 8

Hamstring Curls

3×12, 10, 8

Weighted Glute Bridges

3×12, 10, 8

Cable Crunches

3×20

Hanging Knee Raises with Twist

3×20

Joshua Orpin Workout Routine: Hawk Calisthenics

Warm Up:

Stretch

2-3 mile jog

Workout:

This can be broken down into any number of sets and reps necessary

250 Air Squats

250 Push Ups

150 Dips

150 Sit Ups

100 Pull Ups

100 Lunges

Joshua Orpin Workout Routine: Superboy Push Day

Warm Up:

Run 800-1600M

Optional Ritchson Sprints:

“At least two days a week are dedicated to high-intensity sprints. After a light warm-up run (approximately 10 minutes), he does a series of sprints totaling 1,000 meters.”

Workout:

Incline Dumbbell Bench Press

3×12, 10, 8

Seated Military Press

3×12, 10, 8

Seated Overhead Tricep Extension

3×12, 10, 8

Weighted Dips

3×12, 10, 8

Chest Flys (Cable or Dumbbell)

3×12, 10, 8

Lateral Raises

3×15, 12, 10

Hang Cleans

3×15, 12, 10

Joshua Orpin Workout Routine: Ritchson's Weekly Long Distance Run

Ritchson's training consists of long distance running.

You can take this slow, but he states that his running sometimes even goes up to 13 miles!

Start with 2-3 miles and work your way to more. Get outside and make it fun!

In reality you have quite a few options.

I'll break it down:

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

Joshua Orpin Workout Routine: Superboy Pull Day

Warm Up:

Run 800-1600M

Optional Ritchson Sprints:

“At least two days a week are dedicated to high-intensity sprints. After a light warm-up run (approximately 10 minutes), he does a series of sprints totaling 1,000 meters.”

Workout:

Deadlifts

3×12, 10, 8

Preacher Curls

3×12, 10, 8

Cable Rows

3×12, 10, 8

Wide Grip Cable Pulldowns

3×12, 10, 8

Chin Ups

3×10

Sit Ups

3×20

Lying Leg Raises with Hip Thrust

3×20

Joshua Orpin 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](#)