

KILLER B 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.

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KILLER B WORKOUT ROUTINE

Training Volume:

4-5+ days per week

Explanation:

For this one we're going to be training with four days of standard weightlifting and then a day devoted to a Ninja Circuit Test that you can come back to a re-test frequently, and some additional resources if you want to level up your stamina and endurance like B as well.

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.

Killer B Workout Routine: Sample Workout Schedule

Monday: Ninja Rapper Chest and Triceps

Tuesday: Ninja Rapper Back and Biceps

Wednesday: Ninja Circuit Test

Thursday: Ninja Rapper Shoulder and Traps

Friday: Ninja Rapper Legs and Calves

Saturday: Optional Additional Resources

Sunday: Rest Day

Killer B Workout Routine: Ninja Rapper Chest and Triceps

Warm Up:

Jog 800-1600M

Workout:

Incline Bench Press

4×12, 10, 8, 5

Cable Tricep Pushdowns

3×12, 10, 8

Chest Flyes (Machine/Dumbbell/Cables)

3×12, 10, 8

Cable Kickbacks

3×12, 10, 8 each arm

Blowout Tri-Set:

A. Dips

3×15-20

B. Floor Hex Press

3×10

C. Push Ups

3×Failure

Killer B Workout Routine: Ninja Rapper Back and Biceps

Warm Up:

Jog 800-1600M

Workout:

Barbell Rows

4×12, 10, 8, 5

Alternating Dumbbell Curls

3×12, 10, 8 each arm

Wide Grip Pulldowns

3×12, 10, 8

Cable Hammer Curls with Rope

3×12, 10, 8

Blowout Tri-Set:

A. Chin Ups

3×10

B. Kettlebell Deadlift

3×10

C. Wide to Close Push Ups

3×Failure

Killer B Workout Routine: Ninja 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 Kettlebell Swings

20 Push Ups

15 Alternating Dumbbell Snatches

15 Box Jumps

10 Curl to Press

5 Chin Ups

Killer B Workout Routine: Ninja Rapper Shoulders and Traps

Warm Up:

Jog 800-1600M

Workout:

Standing Barbell Overhead Press

4×12, 10, 8, 5

Barbell Shrugs

3×12, 10, 8

Upright Rows

3×12, 10, 8

Power Cleans

3×12, 10, 8

Blowout Tri-Set:

A. Kettlebell Swings

3×15

B. Dumbbell Front Raises

3×10

C. Push Ups

3xFailure

Killer B Workout Routine: Ninja Rapper Legs and Calves

Warm Up:

Jog 800-1600M

Workout:

Back Squat

4×12, 10, 8, 5

Seated Calf Raises

3×12, 10, 8

Hamstring Curls

3×12, 10, 8

Quad Extensions

3×12, 10, 8

Blowout Tri-Set:

A. Bulgarian Split Squats

3×10 each leg

B. Weighted Step Ups

3×10 each leg

C. Alternating Pistol Squats

3×Failure

Killer B Workout Routine: Optional Additional 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 \(Workout Included\)](#)

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](#)