

WEATHER REPORT 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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WEATHER REPORT WORKOUT ROUTINE

Training Volume:

4 days per week

Explanation:

We're going to be sticking to a trusty four day split for this one to get Weather Reports athletic build. We'll revolve around our big compound lifts, but you can scale down the entire routine by revolving around your weights and/or scaling any of the movements to dumbbell or kettlebell variations as needed. I'll also be including a Weather Report Stand Circuit Test that you can complete every week, or even every few weeks to see how your fitness level is improving over time.

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.

Weather Report Workout: Sample Workout Schedule

Monday: Bluemarine Bench Press, Chest and Triceps

Tuesday: Bluemarine Back Squats, Legs and Calves

Wednesday: Weather Report Stand Circuit Test

Thursday: Bluemarine Deadlifts, Back and Biceps

Friday: Bluemarine Overhead Press, Shoulders and Traps

Saturday: Active Rest or Bonus Endurance Work

Sunday: Mandatory Rest Day

Weather Report Workout: Bluemarine Bench Press, Chest and Triceps

Warm Up:

10 Minute Incline Walk

Compound:

Bench Press

4×12, 10, 8, 5

Workout:

Incline Bench Press

4×12

Overhead Tricep Extension

4x12

Cable Crossovers

4x12

Cable Pushdowns

4x12

Weather Report Workout: Bluemarine Back Squats, Legs and Calves

Warm Up:

10 Minute Incline Walk

Compound:

Back Squat

4x12, 10, 8, 5

Workout:

Leg Press

4x12

Hamstring Curls

4x12

Hack Squats

4x12

Calf Raises (Seated or Standing)

4x12

Weather Report Workout Routine: Weather Report Stand 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!)

Weather Report Stand Circuit Test: Complete 2 Rounds for Time

20 Pull Ups

50 Deadlifts

50 Push Ups

50 Kettlebell Swings

50 Sit Ups

50 Goblet Squats

20 Pull Ups

Weather Report Workout: Bluemarine Deadlifts, Back and Biceps

Warm Up:

10 Minute Incline Walk

Compound:

Deadlift

4×12, 10, 8, 5

Workout:

Wide Grip Lateral Pulldowns

4×12

T-Bar Rows

4×12

Preacher Curls

4×12

Bent Over Dumbbell Rows

4×12

Weather Report Workout: Bluemarine Overhead Press, Shoulders and Traps

Warm Up:

10 Minute Incline Walk

Compound:

Overhead Press

4×12,10, 8, 5

Workout:

Front Raises w/ Plate

4×12

Upright Rows w/ DBs

4×12

Dumbbell Shrugs

4×12

Face Pulls

4×12

Weather Report 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 \(Workout Included\)](#)

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](#)