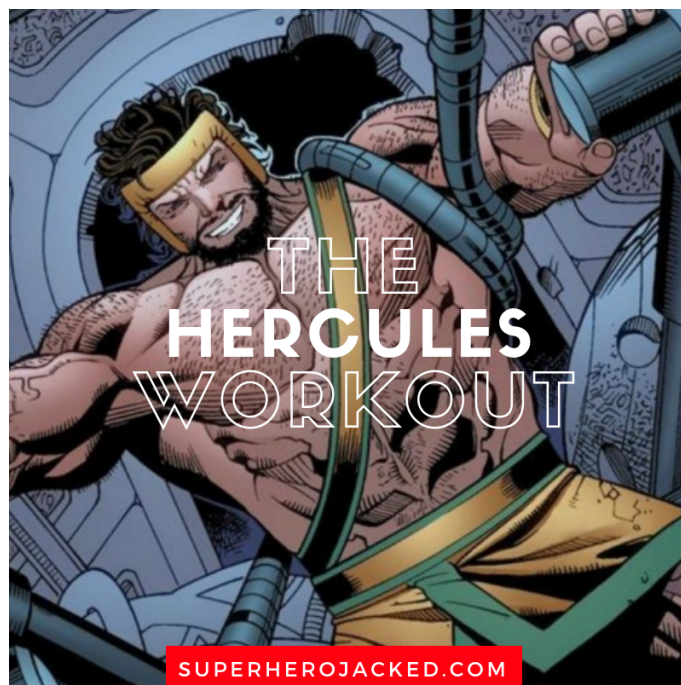


HERCULES

WORKOUT ROUTINE



BONUS PDF FILE

By: Mike Romaine

 **SUPERHERO**  **JACKED** 

Copyright Notice

No part of this report may be reproduced or transmitted in any form whatsoever, electronic, or mechanical, including photocopying, recording, or by any informational storage or retrieval system without expressed written, dated and signed permission from the author. All copyrights are reserved.

Disclaimer and/or Legal Notices

The information provided in this book is for educational purposes only. I am not a doctor and this is not meant to be taken as medical advice.

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 insure 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.

This product is for informational purposes only and the author does not accept any responsibilities for any liabilities or damages, real or perceived, resulting from the use of this information.

Hercules Workout Routine

Training Volume:

4+ days per week

Explanation:

I'm going to program you a powerlifting-like 4 day split, as well as an MMA day. Hercules also has superhuman endurance, so that is why there are days devoted to running and endurance training.

Pyramid Training:

You should be pyramid training for almost all the routines we utilize (not necessary, but I recommend and utilize it myself). Here's an article on what it is, but do your best to increase the load after each set.

Day One: Deadlift Day

Warm Up:

Stretch

Foam Roll

10 min jog

Workout:

Deadlift

5×10,8,5,3,1

Cable Rows

3×12,10,8

Lateral Pulldowns

3×12,10,8

Face Pulls

3×12,10,8

Dumbbell Bent Over Rows

3×12,10,8

Preacher Curls

3×12,10,8

Dumbbell Hammer Curls

3×12,10,8

Day Two: Bench Press Day

Warm Up:

Stretch

Foam Roll

10 min jog

Workout:

Bench Press

5×10,8,5,3,1

Dumbbell Chest Flys

3×12,10,8

Cable Overhead Extension

3×12,10,8

Incline Dumbbell Press

3×12,10,8

Close Grip Bench

3×12,10,8

Decline Press (Machine or Bench)

3×12,10,8

Cable Kickbacks

3×12,10,8

Day Three: Squat Day

Warm Up:

Stretch

Foam Roll

10 min jog

Workout:

Back Squat

5×10,8,5,3,1

Hamstring Curls

3×12,10,8

Weighted Step Ups

3×12,10,8

Leg Press

3×12,10,8

Leg Kickbacks

3×12,10,8

Leg Extensions

3×12,10,8

Hack Squat

3×12,10,8

Day Four: Military Press Day

Warm Up:

Stretch

Foam Roll

10 min jog

Workout:

Barbell Standing Military Press

5×10,8,5,3,1

Shoulder Flys

3×12,10,8

Barbell Shrugs

3×12,10,8

Dumbbell Shoulder Front Raises

3×12,10,8

One Arm Dumbbell Snatches

3×12,10,8

Kettlebell Swings

3×12,10,8

Power Cleans

3×12,10,8

Day Five: Activity, Parkour and MMA

All heroes should know how to defend themselves.

Just ask MMA Coach Derek in [The Academy](#).

Add in an extra day or two of MMA style training to take your inner Superhero unleashing to a new level.

Also check out programs on the site from Coach Derek here: [Moon Knight](#), [Deathstroke](#), [Daredevil](#).

Day Six and Seven: Endurance Training

Warm Up:

Stretch and Foam Roll

Workout:

Run 3.1 miles

Don't be afraid to start and stop at first, but do your best to work your way up to a 5k run.