

HIT WORKOUT ROUTINE



Bonus PDF File
By: Mike Romaine

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 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.

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.

HIT WORKOUT ROUTINE

Training Volume:

5+ days per week

Explanation:

For this one we'll be using a PPL (Push, Pull and Legs) Split and then 2 Days of Full Body Training with Supersets and Blowout Circuits. On top of that I'll give you some extra resources if you want to throw in extra training on your off days for things like HIIT, Mixed Martial Arts and even Parkour.

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 & tradition pyramid training, straight sets, super sets, progressive overload and more.

Hit Workout Routine: Sample Workout Schedule

Monday: HIT Style Push Day

Tuesday: Full Body Speed Training A

Wednesday: HIT Style Pull Day

Thursday: Full Body Speed Training B

Friday: HIT Style Leg Day

Saturday: Optional Bonus Resource Training

Sunday: Rest Day or Optional Training

Hit Workout Routine: Hit Style Push Day

Superset A:

A. Incline Bench Press

3×15

B. Incline Chest Flyes

3×15

Superset B:

A. Overhead Tricep Extensions

3×15

B. Close Grip Push Ups

3×15

Superset C:

A. Hammer Strength Bench Press

3×15

B. Chest Dips

3×15

Superset D:

A. Tricep Cable Kickbacks

3×15 each arm

B. Standard Push Ups

3×25

Hit Workout Routine: Full Body Speed Training A

Circuit One: 3 Rounds for Time

- Kettlebell Swings x 25
- Sit Ups x 20
- Clap Push Ups x 15
- Burpees x 10

Circuit Two: 3 Rounds for Time

- Half Burpee to KB High Pull x 25
- Mountain Climbers x 20
- Kettlebell Goblet Squat x 15

- Chin Ups x 10

Hit Workout Routine: Hit Style Pull Day

Superset A:

A. Dumbbell Deadlifts

3×15

B. Hammer Strength Rows

3×15

Superset B:

A. Bent Over Barbell Rows

3×15

B. Barbell Shrugs

3×15

Superset C:

A. Dumbbell Curls w/ EZ Bar or Cable

3×15

B. Cable Rope Hammer Curls

3×15

Superset D:

A. Preacher Curls

3×15

B. Chin Ups

3xFailure

Hit Workout Routine: Full Body Speed Training

Circuit One: 3 Rounds for Time

- Alternating Dumbbell Snatches x 10 each arm
- Lying Leg Raises with Hip Thrust
- Box Jumps x 20
- Farmers Carry x 50 meters

Circuit Two: 3 Rounds for Time

- Sumo Deadlift High Pull x 20
- Plank to Push Ups x 15
- Dumbbell Curl to Press x 10
- Sled Push x 50 meters

Hit Workout Routine: Hit Style Leg Day

Superset A:

A. Back Squats

3×15

B. Jump Squats

3×15

Superset B:

A. Leg Press

3×15

B. Calf Raise on Leg Press

3×15

Superset C:

A. Bulgarian Split Squats

3×15

B. Weighted Step Ups

3×15 each leg

Superset D:

A. Cable Pullthroughs

3×15

B. Pistol Squats

3×20 total

Hit Workout Routine: Optional Bonus Training Resources

HIIT Training Resources (*HIIT for Hit, get it?*)

- [Jump Rope Workout Routines](#)
- [Best HIIT Workouts to Add to Your Training](#)

Parkour Training Resources

- [The Nightrunner Parkour Workout Routine](#)
- [The Assassin's Creed Parkour Workout Routine](#)
- [The Robbie Amell Parkour Workout Routine](#)

MMA Training Resources:

- [Deathstroke Workout Routine](#)
- [Daredevil Workout Routine](#)
- [Moon Knight Workout Routine](#)
- [Sagat Workout Routine](#)
- [Anna Diop Workout Routine and Diet Plan](#)