

SUIRYU 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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SUIRYU WORKOUT ROUTINE

Training Volume:

5 days per week

Explanation:

For this one we're going to make our strength and speed focus around a PPL Split and then another two days devoted to high intensity circuit training that will work on our endurance while also putting our muscles to work as well. One of those days will be completely calisthenics and the other we'll throw in some weights.

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.

Suiryu Workout Routine: Sample Schedule

Monday: Martial Arts Prodigy Leg Day

Tuesday: Void Fist Circuit Test

Wednesday: Martial Arts Prodigy Push Day

Thursday: Hero Endurance Work

Friday: Martial Arts Prodigy Push Day

Saturday: Optional Additional Training with Resources

Sunday: Rest Day

Suiryu Workout Routine: Martial Arts Prodigy Leg Day

Warm Up:

Run 800-1600M

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

Suiryu Workout Routine: Void Fist 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!)

Void Fist Circuit Test: Complete 4 Rounds for Time

400M Run

30 Decline Push Ups

15 KB Swings

30 Air Squats

15 Sumo Deadlift High Pulls

30 Sit Ups

15 Goblet Squats

Suiryu Workout Routine: Martial Arts Prodigy Push Day

Warm Up:

Run 800-1600M

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

Suiryu Workout Routine: Hero Endurance Work

For your endurance, HIIT or MMA/Parkour days you have quite a few options.

You can utilize enforced endurance training that I will program for you based on your fitness level like we do with other workouts here at SHJ...OR you can do 45-60+ minutes of varied cardio (bike, treadmill, elliptical, stairs, row, swim, etc.)...OR you can even use the HIIT resources I'll provide.

I'll break it down in that order:

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

Suiryu Workout Routine: Martial Arts Prodigy Pull Day

Warm Up:

Run 800-1600M

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

Suiryu 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](#)