

CABLE 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.

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.

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CABLE WORKOUT ROUTINE

Training Volume:

3-5 days per week

Explanation:

For this one we're going to be going with a heavy PPL (Push, Pull, Leg) Split, and then we're going to have that stamina day I mentioned as well as an Alpha Mutant Circuit Test that will revolve around heavy training but also high intensity for the endurance aspect.

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.

Cable Workout Routine: Sample Schedule

Monday: Cyberpathy Push Day

Tuesday: Alpha Level Mutant Circuit Test

Wednesday: Cyberpathy Pull Day

Thursday: Techno-Organics Endurance

Friday: Cyberpathy Leg Day

Saturday: Active Rest Day or Bonus Parkour/MMA/Endurance Work

Sunday: Rest Day

Cable Workout Routine: Cyberpathy Push Day

Warm Up:

10-30 Minute Walk/Jog

Workout:

Superset One:

A. Incline Dumbbell Bench Press

4×12, 10, 10, 8

B. Overhead Tricep Extension

4×12, 10, 10, 8

Superset Two:

A. Seated Arnold Press

3×12, 10, 8

B. Seated DB Front Raises

3×12, 10, 8

Superset Three:

A. Cable Chest Flyes

3×10

B. Cable Tricep Pushdowns

3×10

Optional Cardio:

Varied 10-30 Minutes Additional Cardio

Cable Workout Routine: Alpha Level Mutant 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!)

Alpha Level Mutant Circuit Test: Complete 4 Rounds for Time

Run 400M

30 Kettlebell Swings

25 Push Ups

20 Deadlifts

15 Sit Ups

10 Goblet Squats

5 Pull Ups

Cable Workout Routine: Cyberpathy Pull Day

Warm Up:

10-30 Minute Walk/Jog

Workout:

Superset One:

A. Dumbbell Deadlifts

4×12, 10, 10, 8

B. Cable Face Pulls

4×12, 10, 10, 8

Superset Two:

A. Barbell Shrugs

3×12, 10, 8

B. Lateral Raises

3×12, 10, 8

Superset Three:

A. Preacher Curls

3×10

B. Chin Ups

3×10

Optional Cardio:

Varied 10-30 Minutes Additional Cardio

Cable Workout Routine: Techno-Organics Endurance

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

Cable Workout Routine: Cyberpathy Leg Day

Warm Up:

10-30 Minute Walk/Jog

Workout:

Superset One:

A. Back Squats

4×12, 10, 10, 8

B. Glute Bridges

4×12, 10, 10, 8

Superset Two:

A. Leg Press

3×12, 10, 8

B. Leg Press Calf Raises

3×12, 10, 8

Superset Three:

A. Weighted Sit Ups

3×30

B. Hanging Leg Raises

3×20

Optional Cardio:

Varied 10-30 Minutes Additional Cardio

Cable 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](#)