

# ZERO TWO WORKOUT ROUTINE



Bonus PDF File  
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# ZERO TWO WORKOUT ROUTINE

## Training Volume:

3-5 days per week

## Explanation:

For this one we don't need to be using a PPL or Bro-Split to unlock our goals, and it will be much more productive to train with a 3 day full body split and then work in 2 days of extra fat burning endurance work with a final day devoted to a Zero Two Circuit Test that you can do weekly, biweekly or monthly in place of one of your endurance days to test your skills as they improve 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.

## Zero Two Workout Routine: Sample Schedule

**Monday:** Hybrid Full Body Training A

**Tuesday:** Zero Two Circuit Test (or Endurance Work)

**Wednesday:** Hybrid Full Body Training B

**Thursday:** APE Special Forces Endurance Work

**Friday:** Hybrid Full Body Training C

**Saturday:** Optional Endurance Work or Bonus Resources

**Sunday:** Mandatory Rest Day

## **Zero Two Workout Routine: Hybrid Full Body Training A**

### **Warm Up:**

2x25 Jumping Jacks (or Jump Rope)

2x25 High Knees

(Or Walk/Jog for 5-15 Minutes)

### **Workout:**

Back Squats

4x15, 12, 10, 8

Cable Chest Flys

3x10

Wide Cable Rows

3x10

Arnold Press

3x10

Cable Crunches

3×15-20

Tricep Pushdowns

3×10

## **Zero Two Workout Routine: Zero Two 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!)*

### **Zero Two Circuit Test: Complete 2 Rounds**

30 Jumping Jacks

25 Mountain Climbers

30 Jumping Jacks

20 Air Squats

30 Jumping Jacks

15 Push Ups

30 Jumping Jacks

10 Dips

30 Jumping Jacks

5 Pull Ups

## **Zero Two Workout Routine: Hybrid Full Body Training B**

### **Warm Up:**

2x25 Jumping Jacks (or Jump Rope)

2x25 High Knees

(Or Walk/Jog for 5-15 Minutes)

### **Workout:**

Dumbbell Deadlifts

4x15, 12, 10, 8

Incline Chest Press

3x10

Leg Press

3x10

Kettlebell Swings

3x10

Weighted Sit Ups

3x15-20

Preacher Curls

3×10

## **Zero Two Workout Routine: APE Special Forces 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

## **Zero Two Workout Routine: Hybrid Full Body Training C**

**Warm Up:**

2×25 Jumping Jacks (or Jump Rope)

2×25 High Knees

(Or Walk/Jog for 5-15 Minutes)

**Workout:**

Overhead Press

4×15, 12, 10, 8

Decline Chest Press

3×10

Wide Pulldowns

3×10

Bulgarian Split Squats

3×10 each leg

Hanging Leg (or Knee) Raises

3×15-20

Plank to Push Ups

3×20

## **Zero Two Workout Routine: Bonus 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](#)