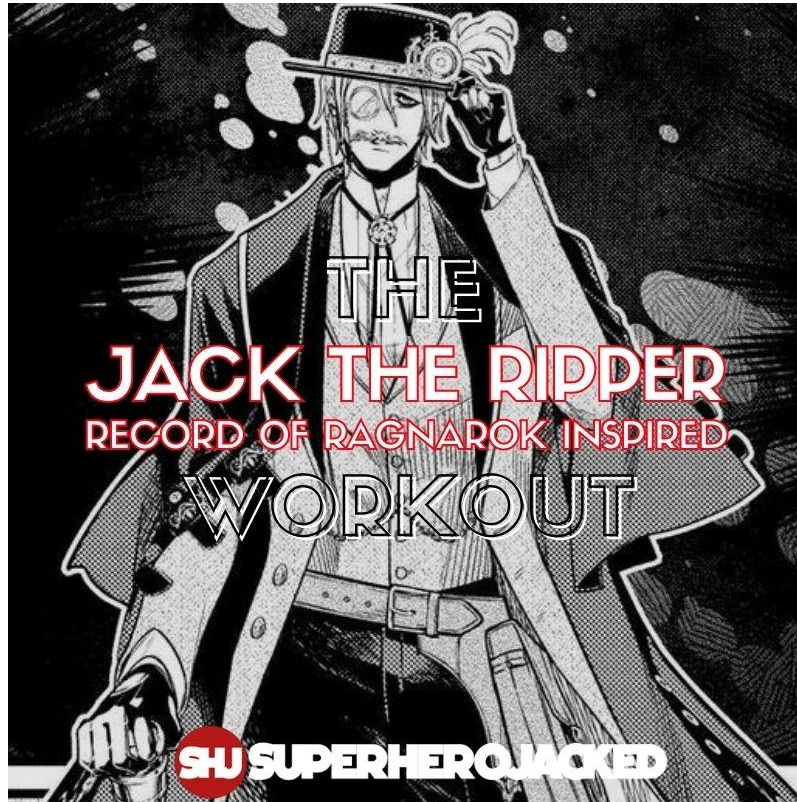


JACK THE RIPPER ROR WORKOUT ROUTINE



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.

JACK THE RIPPER ROR WORKOUT ROUTINE

Training Volume:

3-5 days per week

Explanation:

For this one we're training with 3 days of full body workouts that will include a mixture of weights, calisthenics and cardio. I'll also add in a Ripper Circuit Test that can be done weekly, biweekly or monthly on top of a final day devoted entirely to assassin endurance, which Jack had plenty of.

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.

Jack The Ripper Workout Routine: Sample Schedule

Monday: Infamous Full Body A

Tuesday: Ripper Circuit Test

Wednesday: Infamous Full Body B

Thursday: Assassin Endurance Work

Friday: Infamous Full Body C

Saturday: Active Rest Day (Or Optional Additional Work)

Sunday: Rest Day

Jack The Ripper Workout Routine: Infamous Full Body A

Warm Up:

Run 1 Mile

(Can be done post workout. If so, start with a warm up walk.)

Workout:

Superset A:

A. Incline Dumbbell Press

3×10

B. Wide to Close Push Ups

3×20

Superset B:

A. Cable Rows

3×10

B. Superman Hold

3×30 seconds

Superset C:

A. Leg Press

3×15

B. Hanging Knee Raises

3×20

Superset D:

A. Kettlebell Swings

3×10

B. Mountain Climbers

3×10

Jack The Ripper Workout Routine: Ripper 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!)

Ripper Circuit Test: Complete 4 Rounds for Time

800M Run

30 Jump Rope Skips

25 Push Ups

20 Kettlebell Swings

15 Plank to Push Ups

10 Curl to Press

Jack The Ripper Workout Routine: Infamous Full Body B

Warm Up:

Run 1 Mile

(Can be done post workout. If so, start with a warm up walk.)

Workout:

Superset A:

A. Arnold Press

3×10

B. Inch Worm Push Ups

3×10

Superset B:

A. Weighted Chin Ups

3×10

B. Hollow Hold

3×30 seconds

Superset C:

A. Bulgarian Split Squats

3×10 each leg

B. Lying Leg Raises with Hip Thrust

3×20

Superset D:

A. DB Curl to Press

3×10

B. Double Unders

3×15

Jack The Ripper Workout Routine: Assassin 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

Jack The Ripper Workout Routine: Infamous Full Body C

Warm Up:

Run 1 Mile

(Can be done post workout. If so, start with a warm up walk.)

Workout:

Superset A:

A. Goblet Squats

3×10

B. Weighted Sit Ups

3×15-20

Superset B:

A. Plank to Push Ups

3×15

B. L Sit Hold

3×30 seconds

Superset C:

A. Weighted Dips

3×8-10

B. Toes to Bar

3×20

Superset D:

A. DB Thrusters

3×10

B. Alternating Pistol Squats

3×10 each leg

Jack The Ripper Workout Routine: Optional 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](#)