

KOBY

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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KOBY WORKOUT ROUTINE

Training Volume:

4-5 days per week

Explanation:

For this one we're going to be training with a Bro-Split! We'll have four days of training that revolve around our main "big" compound lifts and then accessory work and cardio stemming off of that. We'll also have a bonus training day devoted to a Garp Circuit Test (that can be done either weekly, biweekly or monthly).

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.

Koby Workout: Sample Schedule

Monday: Marine Captain Bench Press, Chest and Triceps

Tuesday: Marine Captain Back Squats, Legs and Calves

Wednesday: Garp Circuit Test

Thursday: Marine Captain Military Press, Shoulders and Traps

Friday: Marine Captain Deadlift, Back and Biceps

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

Sunday: Rest Day

Koby Workout: Marine Captain Bench Press, Chest and Triceps

Warm Up:

10-15 Minute Incline Walk

Compound Lift:

Barbell Bench Press

5×15, 12, 10, 8, 5

Accessory Work:

Cable Tricep Pushdowns

3×12, 10, 8

Incline Dumbbell Bench

3×12, 10, 8

Overhead Tricep Extension

3×10

Weighted Dips

3×10

Cable Chest Flys

3×10

Cardio Finisher:

Complete 20-60 Minutes of Varied Cardio

Koby Workout: Marine Captain Back Squats, Legs and Calves

Warm Up:

10-15 Minute Incline Walk

Compound Lift:

Barbell Back Squats

5×15, 12, 10, 8, 5

Accessory Work:

Leg Press

3×12, 10, 8

Calf Raise on Leg Press

3×12, 10, 8

Glute Bridges

3×10

Quad Extensions

3×10

Hamstring Curls

3×10

Cardio Finisher:

Complete 20-60 Minutes of Varied Cardio

Koby Workout: Garp 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!)

Garp Circuit Test: Complete 2 Rounds for Time

Run 1 Mile

200 Air Squats

150 Push Ups

100 Sit Ups

75 Pull Ups

Koby Workout: Marine Captain Overhead Press, Shoulders and Traps

Warm Up:

10-15 Minute Incline Walk

Compound Lift:

Overhead Press

5×15, 12, 10, 8, 5

Accessory Work:

Barbell Shrugs

3×12, 10, 8

DB Front Raises

3×12, 10, 8

Kettlebell Swings

3×10

Hang Cleans

3×10

Upright Rows

3×10

Cardio Finisher:

Complete 20-60 Minutes of Varied Cardio

Koby Workout: Marine Captain Deadlift, Back and Biceps

Warm Up:

10-15 Minute Incline Walk

Compound Lift:

Deadlifts

5×15, 12, 10, 8, 5

Accessory Work:

Wide Grip Pulldowns

3×12, 10, 8

Close Grip Cable Rows

3×12, 10, 8

High Cable Curls

3×10

Weighted Chin Ups

3×10

Preacher Curls

3×10

Cardio Finisher:

Complete 20-60 Minutes of Varied Cardio

Koby Workout: Marine 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

Koby Workout: 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](#)