

LANCER 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.

LANCER WORKOUT ROUTINE

Training Volume:

4-5+ days per week

Explanation:

For this one we're going to be training with 4 days of full body workouts, and then I'll also be giving you a day devoted to spearman endurance and a final [optional] training day which we'll call the Cú Chulainn Circuit Test that can be added on weekly, biweekly or monthly to put your skills to the test.

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.

Lancer Workout: Sample Schedule

Monday: Hound of Culaan Full Body A

Tuesday: Hound of Culaan Full Body B

Wednesday: Cú Chulainn Circuit Test

Thursday: Hound of Culaan Full Body C

Friday: Hound of Culaan Full Body D

Saturday: Spearman Endurance or Optional Additional Resources

Sunday: Rest Day

Lancer Workout: Hound of Culaan Full Body A

Warm Up:

10-30 Minute of Varied Cardio

(Incline Walk, Jog/Run, Bike, Elliptical, etc.)

Workout:

Incline Dumbbell Bench Press

3×12, 10, 8

Leg Press

3×12, 10, 8

Bent Over Barbell Rows

3×12, 10, 8

DB Front Raises

3×12, 10, 8

Preacher Curls

3×15, 12, 10

Seated Overhead Extensions

3×20, 15, 10

Lancer Workout: Hound of Culaan Full Body B

Warm Up:

10-30 Minute of Varied Cardio

(Incline Walk, Jog/Run, Bike, Elliptical, etc.)

Workout:

Back Squats

3×12, 10, 8

Cable Chest Flys

3×12, 10, 8

Wide Grip Pulldowns

3×12, 10, 8

Kettlebell Swings

3×12, 10, 8

Alternating DB Hammer Curls

3×10 each arm

Tricep Cable Pushdowns

3×15, 12, 10

Lancer Workout: Cú Chulainn 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!)

Cú Chulainn Circuit Test: Complete 2 Rounds For Time

400M Run

30 Kettlebell Swings

25 Sit Ups

20 Goblet Squats

15 Dips

10 Curl to Press

Lancer Workout: Hound of Culaan Full Body C

Warm Up:

10-30 Minute of Varied Cardio

(Incline Walk, Jog/Run, Bike, Elliptical, etc.)

Workout:

Deadlifts

3×12, 10, 8

Upright Rows

3×12, 10, 8

Hamstring Curls

3×12, 10, 8

Weighted Dips

3×12, 10, 8

21s with EZ Bar

3×21

Close Grip Bench Press

3×10

Lancer Workout: Hound of Culaan Full Body D

Warm Up:

10-30 Minute of Varied Cardio

(Incline Walk, Jog/Run, Bike, Elliptical, etc.)

Workout:

Seated Military Press

3×12, 10, 8

Weighted Chin Ups

3×12, 10, 8

Quad Extensions

3×12, 10, 8

Bent Lateral Raises

3×12, 10, 8

Alternating DB Curls

3×10 each arm

Cable Kickbacks

3×15 each arm

Lancer Workout: Optional Spearman 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

Lancer 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](#)

