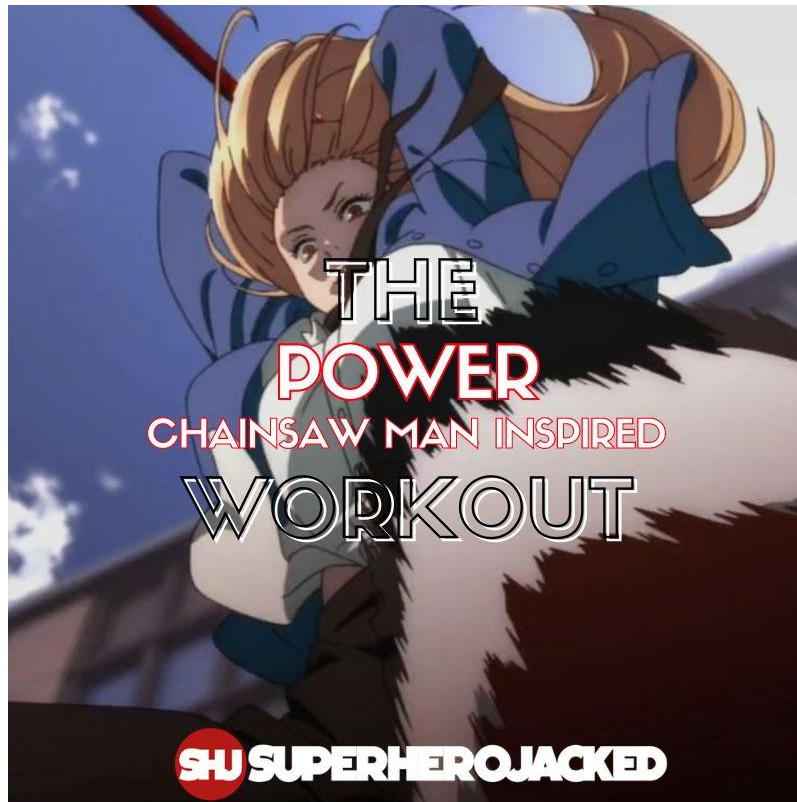


# POWER WORKOUT ROUTINE



Bonus PDF File  
**By: Mike Romaine**

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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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# POWER WORKOUT ROUTINE

## Training Volume:

3-5 days per week

## Explanation:

For this one we're going to be using a full body training split, which will involve 3 days of full body training, one day devoted to endurance work and a final day that will be a Devil Hunter Circuit Test for you guys to take on 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.

## Power Workout Routine: Sample Schedule

**Monday:** Full Body Split A

**Tuesday:** Devil Hunter Circuit Test

**Wednesday:** Full Body Split B

**Thursday:** Public Safety Endurance Work

**Friday:** Full Body Split C

**Saturday:** Active Rest or Optional Bonus Resources

**Sunday:** Rest Day

## **Power Workout Routine: Full Body Split A**

### **Warm Up:**

Walk/Run/Elliptical/StairMaster

15-30 Minutes

### **Workout:**

Incline Dumbbell Bench Press

4×15, 12, 10, 8

Leg Press

3×15, 12, 10

Cable Rows

3×15, 12, 10

Standing Cable Front Raises

3×15, 12, 10

Cable Crunches

3×25

High Cable Curls

3×10-12

Tricep Cable Pushdowns

3×10-15

## **Power Workout Routine: Devil Hunter 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!)*

### **Devil Hunter Circuit Test: Complete 2 Rounds for Time**

60 Second Plank

50 Mountain Climbers

40 Kettlebell Swings

30 Sit Ups

20 Curl To Press

10 Pull Ups

## **Power Workout Routine: Full Body Split B**

### **Warm Up:**

Walk/Run/Elliptical/StairMaster

15-30 Minutes

### **Workout:**

Goblet/Front/Hack Squats

4×15, 12, 10, 8

Chest Flys

3×15, 12, 10

Wide Pulldowns

3×15, 12, 10

Upright Rows

3×15, 12, 10

Sit Ups

3×25

Alternating Dumbbell Curls

3×10-12 each arm

Tricep Kickbacks

3×10-15 each arm

## **Power Workout: Public Safety 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

## **Power Workout Routine: Full Body Split C**

### **Warm Up:**

Walk/Run/Elliptical/StairMaster

15-30 Minutes

### **Workout:**

Dumbbell Deadlifts

4×15, 12, 10, 8

Bulgarian Split Squats

3×15, 12, 10 each leg

Hammer Strength Press

3×15, 12, 10

Seated Arnold Press

3×15, 12, 10

Hanging Leg Raises

3×25

Preacher Curls

3×10-12

Seated Overhead Tricep Extension

3×10-15

## **Power 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](#)