

NICO ROBIN 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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NICO ROBIN WORKOUT ROUTINE

Training Volume:

3-5 days per week

Explanation:

For this one we're going to be using 3 days of full body training with weights to get Nico Robin's strength, speed and physique, and then I'll also be tacking on a Fish-Man Karate Circuit Test you can take on weekly, biweekly, or monthly while also having some endurance work in there for you to do 1-2 times a week (you can sub the circuit for endurance training some weeks as well).

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.

Nico Robin Workout Routine: Sample Workout Schedule

Monday: Devil Child Full Body A

Tuesday: Fish-Man Karate Circuit Test

Wednesday: Devil Child Full Body B

Thursday: Light Of The Revolution Endurance Work

Friday: Devil Child Full Body C

Saturday: Optional Bonus Training Day

Sunday: Rest Day

Nico Robin Workout Routine: Devil Child Full Body A

Warm Up:

800M Jog

Workout:

Superset One:

A. Dumbbell Incline Bench Press

3×10

B. Dumbbell Skull Crushers

3×10

Superset Two:

A. Leg Press

3×10

B. Calf Raises on Leg Press

3×10

Superset Three:

A. Cable Rows

3×10

B. Standing Alternating Dumbbell Curls

3×10 each arm

Superset Four:

A. Arnold Press

3×10

B. Kettlebell Swings

3×10

Nico Robin Workout Routine: Fish-Man Karate 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!)

Fish-Man Karate Circuit Test: Complete 4 Rounds for Time

Run 400M

30 Mountain Climbers

25 Kettlebell Deadlifts

20 Air Squats

15 Kettlebell Swings

10 Push Ups

Nico robin Workout Routine: Devil Child Full Body B

Warm Up:

800M Jog

Workout:

Superset One:

A. Chest Flyes

3×10

B. Cable Pushdowns

3×10

Superset Two:

A. Goblet Squats

3×10

B. Seated Calf Raises

3×10

Superset Three:

A. Wide Grip Pulldowns

3×10

B. Chin Ups

3×10

Superset Four:

A. Standing Dumbbell Front Raises

3×10

B. Hanging Leg Raises

3×20

Nico Robin Workout Routine: Light Of The Revolution Endurance Training

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

Nico Robin Workout Routine: Devil Child Full Body C

Warm Up:

800M Jog

Workout:

Superset One:

A. Chest Dips

3×15

B. Seated Dumbbell Overhead Extension

3×10

Superset Two:

A. Hamstring Curls

3×10

B. Quad Extensions

3×10

Superset Three:

A. Deadlifts

3×10

B. Hammer Curls

3×10 each arm

Superset Four:

A. Upright Rows

3×10

B. Sit Ups

3×20

Nico Robin 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](#)