



# SUPERHERO JACKED SUPERHUMAN SYSTEM

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UNLEASH YOUR INNER SUPERHUMAN &  
UNLOCK THE SUPERHERO PHYSIQUE

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LIVE MORE | GET SUPERHERO RIPPED | LIVE HEALTHY

MIKE ROMAINE & SUPERHERO JACKED



# THE SHJ SUPERHUMAN SYSTEM

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**LOSE FAT, BUILD MUSCLE,  
UNLOCK THE SUPERHERO PHYSIQUE  
& PEAK SUPERHUMAN PERFORMANCE**

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This program is not a “lose weight” or a “bulk up” program (specifically).  
*Although, you can accomplish either of those things with this program.*

**The main goal of this program is to allow you to unleash what we (and  
hundreds of thousands of members of The SHJ Army) deem as  
The Superhero Physique.**

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In order to accomplish this we are using a plan that has been made  
through our own research of hundreds of celebrities and the world’s top  
performers, our own  
successes, and the overwhelming success our own members have had.

**These are our SHJ Core Principles and Philosophies.**

# INITIAL GUIDELINES AND HOW TO START

## GETTING STARTED WITH YOUR NEW PROGRAMMING

1

### STEP ONE:

The very first thing you should be doing is reading your nutrition guidelines and the initial instructions (there's quite a few pages to help you familiarize this new training system) and monthly breakdowns. From there you can begin to get an idea and plan out just how you'll be taking the plunge into this new regime.

*Do not skip reading your new nutrition guidelines.*

Within your new instructions that lead into your monthly previews you'll find that I added a lot of depth to help you not only familiarize and understand, but also explain scaling and substitutions for when you do begin your journey.

*Please do not just skim over these instructions.*

These instructions are EXTREMELY important to how you will run your programming. If you do not understand some aspects, please ask for help either within the SHJ Private Community (link below) or by emailing me at [mike@superherojacked.com](mailto:mike@superherojacked.com).

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### STEP TWO:

Join us inside our Private Facebook Community to work with me (Mike) and the rest of our SHJ Members.

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### STEP THREE:

This program CAN be done entirely from your home. However, it is significantly more effective if you have just a couple pieces of equipment. You will find that our workouts are restricted to calisthenics, cardio, jumping rope and movements involve a pull up bar or either a kettlebell and/or dumbbells (and even those can be substituted with scaling and/or household items).

*Consider purchasing our recommended equipment which I'll explain in more depth in just a few pages.*

# SHJ SUPERHUMAN SYSTEM NUTRITION

## HOW TO START WITH YOUR NEW DIETARY GUIDELINES

Even with the perfect workout routine the system itself can only continue to be perfect if it is paired with the right nutritional guidelines.

As I already mentioned, you can choose to either cut fat (lose weight) or gain weight (build muscle) as your main goals during this routine; or you can even choose to do a body recomposition with calorie cycling if you'd like to get a little more advanced and shoot for slow and steady fat loss with muscle and strength gains.

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While the idea and concept of having to choose between cutting weight/fat or gaining muscle/weight (or being forced to slow the entire process down in order to meticulously attempt both) may seem like a daunting task, I promise: this is THE best (and generally only) way to transform.

In my experience I've also found that the large majority of people can focus in on weight loss as the goal while following this path. For the most part, with the exception of those specific members who struggle to gain mass (generally due to not being able to intake enough calories to allow their body to grow), members will unleash their inner Superhuman by training and following our base cutting nutritional guidelines.

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The full synopsis of your nutritional guidelines is in your other packet; but for those of you who may have been considering JUST using our training methods: I strongly caution against it and remind you that as perfect as the training is...it's nothing without the it's other half!

# WORKOUT ROUTINE INSTRUCTIONS

HOW TO READ, UNDERSTAND & PERFORM YOUR WORKOUT

1

## SCALING & MODIFYING MOVEMENTS

All of the workouts come with a quick scaling guide. Scaling is essential to your success in both scaling down (generally this will be the case), and even scaling up. For scaling down you will begin to learn how to scale movements and see recurring scaling tips; but do your best to scale back up and progress when you are ready!

And for those of you who need to scale up on certain workouts: feel free to add in extra advanced hold progression (which you'll become familiar with) and also add weight (increase weight to recommended loads and/or wear a weighted vest/add weight to calisthenics). Another way would be to simply add reps to movements and make the workouts even harder.

2

## SCALING CIRCUITS & CARDIO

This is going to be the easiest way to scale workouts other than the simple swap of movements (well, at least the easily scaled movements). To scale circuits you can simply break when needed where breaks are not otherwise programmed. Between this and scaling individuals movements you should be able to complete every single workout provided, regardless of your fitness level.

Scaling cardio is actually the easiest part of your programming because we program cardio based on a caloric burn rather than a specific cardio type. We do give/recommend options, but you'll learn more in the coming pages.

# WORKOUT ROUTINE INSTRUCTIONS PT.2

HOW TO READ, UNDERSTAND & PERFORM YOUR WORKOUT

3

## RESTING, OFF DAYS & RECOVERY

**We train 3 days ON and then 1 day OFF.**

*Our rest days are mandatory.*

Our muscle growth will happen during this recovery time. If you do not rest, you are essentially not allowing your body to recover, and in turn taking away the ability for your muscles to grow.

Your muscles can not grow MORE without having recovered already. We need to tear and repair. What that means is that we are going to break down the muscle to start, and then when we recover, by resting, our body will repair those muscles; and combined with our nutrition we will also allow our bodies to GROW the muscles during this repair process.

*And then we rinse and repeat that process.*

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## ADDING IN EXTRA TRAINING OPTIONS

**This program will unlock The Superhero Physique.**

That being said, I know there are some people who have goals outside being shredded, healthy, and essentially a Superhuman. Some of those goals could involve faster progression into advanced calisthenics movements, growth in specific body part areas (maybe your glutes, ladies?...or your chest/arms, men?), and for that reason I do leave some room in certain workouts that give you the ability to scale up and work on other advancement. If you DO NOTHING during those stages, you are still absolutely fine and on the right track.

# RECOMMENDED EQUIPMENT PART 1

WHAT EQUIPMENT IS MOST ESSENTIAL AND RECOMMENDED?

## JUMP ROPE OR SPEED ROPE

We use our jump ropes often as a way to get in quick an extremely efficient and effective fat burning cardio movement in, and even work in double unders and other variations of skips.

We do give the option to scale them to jumping jacks, but I highly recommend picking up an inexpensive jump rope or speed rope.

[You can check out my article on how to Build Your Home Gym For Under \\$100 to see my specific recommendations.](#)

## KETTLEBELL AND/OR DUMBBELLS

The use of kettlebell and dumbbells movements are used throughout the entirety of the programming. You can get away with having a set of one of the other (and changing the variation in which you do the movements), but I normally recommend having a moderately heavy kettlebell and a set or two of dumbbells (light and moderately heavy).

[You can check out my article on how to Build Your Home Gym For Under \\$100 to see my specific recommendations.](#)



# RECOMMENDED EQUIPMENT PART 2

## WHAT EQUIPMENT IS MOST ESSENTIAL AND RECOMMENDED?

### **PULL UP BAR (& OPTIONAL DIP STATION)**

The basis of this workout is going to involve a lot of calisthenics. They are very easy to scale, and require minimal equipment. Pull ups are the one movement that requires equipment to perform.

We scale with bodyweight rows and pike push ups, but being able to do pull ups is fairly critical for overall progression.

I recommend potentially looking into getting a full pull up bar and dip station if you want to be able to do dips, pull ups, and leg raises all at their highest quality and effectiveness. This is also great for when we have movements programmed such as L-Sits (that you would normally do on parallettes, rings or even chairs) so you can do them straight from your dip station.

**[You can check out my article on how to Build Your Home Gym For Under \\$100 to see my specific recommendations.](#)**

### **OPTIONAL: WEIGHTED VEST OR DIP BELT**

If you plan on wanting to, or being able to, scale the calisthenics movements up a bit, my recommendation (other than simply adding repetitions or performing harder variations) would be to add weight via a dip belt or weighted vest!



# THE ULTIMATE PIECE OF EQUIPMENT !?

**FINAL EQUIPMENT RECOMMENDATION: RESISTANCE BANDS**

## **RESISTANCE BANDS**

**This recommendation is mainly for the women, but it can also be extremely useful for men.**

Just about every single one of the movements we do with weights can be done with resistance bands (or at the very least some variation or alternative of the movement).

The other great part about resistance bands is that they're similar to weight in the sense that there are certain bands that add more restriction than others.

Most men are going to want to include extra weight training in their routine in order to make it easier for themselves to tear and repair their muscle (how we'll grow our muscle); but for the most part women can do ANY of our Legacy Programming with a couple resistance bands!

*There may be a very slight learning curve when it comes to figuring out some of the movements and alternatives, but thankfully you can ask for help at any time within our Private Community.*

**You can check out my article on how to Build Your Home Gym For Under \$100 to see my specific recommendations.**

# THE EXACT SHS EQUIPMENT I USE

## WHAT EQUIPMENT IS MOST ESSENTIAL AND RECOMMENDED?

Being that I'm sure you're curious (honestly, because I know I would be), I do want to tell you exactly what I'm working with in my own home gym (which Ryan, who you know is my younger brother who recently transformed if you watch the YouTube Channel, also uses).

If you guys have been following me for a while you may remember my garage gym which was loaded with equipment, but since then we moved down to Florida to have more space for the business, and downgrading in size of our actual workout space.

That being said, I won't go through EVERYTHING we have here, but I will help you with a list so you know what I'm working with if you'd like to make a close replication.

### MY EXACT HOME GYM SET UP

- Pull Up Bar Dip Station
- 30 lb dumbbells and 10 lb dumbbells
  - Very rarely touch the 10 lb. set.
- 45 lb kettlebell and 10 lb kettlebell
  - Left my 20 lb KB back in NY and I don't think I've picked up the 10 lb even once.
- Speed Rope and Jump Rope
  - Ryan used the regular jump rope a bunch to progress to the speed rope.
- Parallettes
- Resistance Bands
- Weighted Vest and Dip Belt [to add weight]
- Gym Mats
- Yoga Blocks
- SPIN Style Bike and Workstation to Work from Bike
  - You can actually see this full setup [here](#).

*And that's literally it...that has been ALL I have had for over a year now.*

# CARDIO DAYS AND REQ. CALORIE BURN

## HOW TO BURN THE CALORIES REQUIRED FOR REQ. CARDIO

As you'll soon find out, we program cardio based on a required calorie burn. The reason is because we expect you to get a certain amount of movement in on a weekly basis. Instead of forcing you to do a specific format for cardio, you are able to burn the calories in any way you would like; which not only makes it more enjoyable, but it also fits the fact that you need little to no equipment to complete this entire program.

**The only specific restriction for our required calorie burn per day is that it needs to be EXTRA.** This does not mean the calories you burn walking around at work or normal energy expenditure. Walking outside is fine. Actually, we'd love it. Biking, rowing, or even hiking. Make sure you burn your calories that are required; with emphasis on your long distance big calorie burn days!

**That being said, your cardio/calorie burn ranges look like this:**

**Short Cardio:** 100 Calorie Requirement

**Medium Cardio:** 150-200 Calorie Requirement  
*(200 unless I specifically mention 150)*

**Long Distance BIG Cardio:** 300+ Calorie Requirement

For the most part you will have cardio requirements every single day besides your rest day. The most important, if it is not obvious enough, are the larger requirements.

**That being said, you can also fit these extra calories in ANYWHERE you'd like. They can be before or after the workouts; or even at a completely different point in the day.**

*I prefer to do my short cardio requirements with a 10-20 minute warm up bike or incline treadmill walk while reading a book.*

# SUBSTITUTIONS FOR YOUR CARDIO

## CARDIO OPTIONS TO SUB AND MIX INTO YOUR TRAINING

Each one of your required calorie burn days comes with a specific requirement (which we just spoke about in the last sheet). Short Cardio is 100, Medium is 200 (unless 150 is specifically indicated) and BIG Cardio is 300!

That being said, I do want you to have some options for burning these calories if you don't plan on switching it up and making it variable on your own. *(Although, if you have a preferred method to burn these calories, then by all means go ahead and do it).*

*Here are some options to replace your required calorie burn days:*

### **Small Calorie Burn Options:**

- Warm Up w/ a Bike, Row, Jog, or Incline Walk, Elliptical, Stairmaster (or other) to burn your 100 calories. (I always hop on the bike and read a book to get warm with my small cardio days).
- Go for a walk or bike ride outside and track the calories you burn.
- Complete 10 Minutes of Jump Rope

### **Medium Calorie Burn Options:**

- Used varied cardio methods like the above recommendations and track your calorie burn.
- Complete HIIT Training provided on the next page to burn requirement.
- Complete **3 Rounds** of Jump Rope Circuit provided on page 13.

### **BIG Calorie Burn Options:**

- Used varied cardio methods like the above recommendations and track your calorie burn.
- Complete HIIT Training provided on the next page to burn requirement.
- Complete **5 Rounds** of Jump Rope Circuit provided on page 13.

# CONSIDER TRACKING YOUR DAILY STEPS

## ARE YOU HITTING YOUR DAILY STEPS AND MOVEMENT!?

One of the reasons we have our cardio burn options on a daily basis is because many people are not active on top of their training.

One thing we've found through researching hundreds of celebrities and the world's top performers is that they are extremely active, regardless of their training regime (obviously exceptions are made when they are following an insane/brutal program for a specific timeline/role that requires a lot of recovery).

That being said: instead of telling you to specifically "Go surfing like Jason Momoa!" or "Go hiking and see The Hollywood sign like XYZ", or even simply "Track 10,000 Total Daily Steps like Ariana Grande" (who happens to be extremely active on top of this), I want to make your cardio burn versatile and fun.

That does not mean you HAVE TO do the jump rope circuits I'll share with you on the next few pages. That does not mean you HAVE TO go to SPIN Class to burn a ton of calories. That does not mean you HAVE TO burn these calories on a treadmill, bike, rower, or anything else.

It simply means you need to burn the calories to promote a higher activity level that supports the overall goal of this program; and also allows us to work with workouts that sometimes only take 10-30 minutes for the entire day!

*That being said, I do recommend beginning to track your steps!*

### **Here's some useful step tracking criteria:**

**Small Cardio Burn:** 5,000 Daily Steps

**Medium Cardio Burn:** 10,000 Daily Steps

**BIG Cardio Burn:** 10,000 + Extra Workout

# HIGH INTENSITY INTERVAL TRAINING

## BASIC HIIT OPTION(S) TO SUB FOR YOUR REQ. CALORIE BURN

High Intensity Interval Training is just that: interval training that goes in and out of high intensity. So, for example, you will increase the intensity, then decrease it down to a lower intensity, and then rinse and repeat the cycle. We talk about this a bit in the Glossary, as Tabata, which you'll learn is one form of HIIT.

To spice up your Required Calorie Burn training you can also choose to utilize different variations of HIIT. Here is one formula that I use all the time on all different types of machines/types of cardio:

### HIGH INTENSITY INTERVAL TRAINING:

#### "1 Minute ON and OFF"

*\*\*You can do this for 10-60 minutes depending on how long it takes you to hit your required calorie burn total for that day.\*\**

- **One Minute ON:** Sprint, or increase your intensity level (for example, on a bike you might increase your RPMs to make sure they're 100+ for the entire minute, while increasing the difficulty level to 7-10+), for one minute.
- **One Minute OFF:** Cooldown for one minute. I usually follow a sprint of 7-10 speed up with a walk at 2.5-3.5. On bike I would keep RPMs 50-75 range (minimum), but lower the difficulty to level 3-5.
  - *Rinse and repeat this cycle until you hit your required calories for the day.*

#### OTHER NOTES:

This can be done with a rower, Stairmaster, elliptical, and tons of other different training styles. You can also do different variations like: 30 Second ON, 90 Seconds OFF...or 120 Seconds ON, 120 Seconds OFF! :)

# JUMP ROPE CIRCUIT CARDIO

## JUMP ROPE CARDIO OPTIONS FOR REQUIRED CARDIO BURN

**Another substitute you can utilize for your Cardio Burn Days is our Jump Rope Circuit(s)!**

I am going to be sharing a few different variations (with minimal changes, but enough to make them feel different each time), and it will be your job to complete the designated amount of rounds needed for your specific (*required sets per Cardio Burn Requirement were given on page 11*).

### **Jump Rope Circuit Variation One [HEAVY LEG WORK – MAIN VARIATION]**

#### **Complete 3–5 Rounds**

*\*\*3 Rounds for Medium Cardio & 5 Rounds for Big Cardio\*\**

30 Jump Ropes

20 Jumping Lunges

30 Jump Ropes

20 Mountain Climbers

30 Jump Ropes

20 Jump Squats

30 Jump Ropes

20 Double Unders

Rest 1 Minute Between Rounds

*On the next page I'll show you 4 different variations you can switch in and out of while completing and utilizing this circuit for your required cardio burn!*

# FOUR MORE JUMP ROPE CIRCUIT VARIATIONS

## JUMP ROPE CARDIO OPTIONS FOR REQUIRED CARDIO BURN

Here are four alternative variations that you can use for your Jump Rope Circuit(s) in place of your Required Calorie Burn! Make sure to do 3 Sets for 150-200 Medium required calories and 5 Rounds for 300 BIG Calorie Days.

### ALTERNATIVE ONE: UPPER BODY

30 Jump Ropes  
20 Push Ups  
30 Jump Ropes  
20 Dips  
30 Jump Ropes  
20 Skull Crushers  
30 Jump Ropes  
20 Pike Push Ups

*Rest 1 Minute Between Rounds*

### ALTERNATIVE TWO: CORE

30 Jump Ropes  
20 V-Ups  
30 Jump Ropes  
20 Mountain Climbers  
30 Jump Ropes  
20 Bicycle Crunches  
30 Jump Ropes  
20 Lying Leg Raises

*Rest 1 Minute Between Rounds*

### ALTERNATIVE THREE: FULL BODY 1

30 Jump Ropes  
20 Jumping Lunges  
30 Jump Ropes  
20 Push Ups  
30 Jump Ropes  
20 V-Ups  
30 Jump Ropes  
20 Double Unders

*Rest 1 Minute Between Rounds*

### ALTERNATIVE FOUR: FULL BODY 2

30 Jump Ropes  
20 Jump Squats  
30 Jump Ropes  
20 Shoulder Taps  
30 Jump Ropes  
20 Plank to Push Ups  
30 Jump Ropes  
20 Sit Ups

*Rest 1 Minute Between Rounds*



# DON'T KNOW WHAT A MOVEMENT IS?

HERE IS EXACTLY HOW TO ASK FOR HELP WITH MOVEMENTS

## 1 MAKE SURE YOU'RE PART OF OUR PRIVATE COMMUNITY

Step One is to make sure you've already joined our [Private Facebook Community](#). This is where you can ask me (or other members utilizing The Legacy Program) to share videos or tips on how to do specific movements. (You may also DM me there as well.)

## 2 DO NOT COPY AND PASTE THE FULL WORKOUT ROUTINE

Not everyone inside our Private Community is following the same programming. Some people are using Academy workouts, some people are using Superhero Programs and some people are utilizing The Legacy Program. Please don't copy and paste the exact programming from your Legacy Program when asking for help :)

## 3 MARK WITH MONTH AND DAY OF THE WORKOUT ROUTINE WHEN ASKING

An easy way to ask for specific help is to include the month and day of the workout you're talking about and then ask about the specific movement in question.

*For example:*

"Hey guys, on Month 2, Day 4 of The Superhuman System I'm wondering what it means by "kettlebell taps". Is this a shoulder tap kind of movement or am I tapping with my feet?"

# HOW TO ASK FOR HELP OR RANK A WORKOUT!

USE THIS FORMATTING TO RANK WORKOUTS OR ASK FOR HELP

## CHECK-IN DAILY WITH WORKOUT ROUTINE RANKINGS OR USE THIS FORMATTING TO ASK FOR HELP :)

Obviously you should start at the last page before ranking or asking for help, because I talk a bit more about NOT COPYING AND PASTING THE ENTIRE WORKOUT INTO THE GROUP :P!

And, if it wasn't obvious enough, you also have to be a part of The Private FB Community in order to share anything there..

Another good reason for wanting to share the workouts within the group is if you're looking for accountability and want to check-in daily (or even weekly/biweekly) and potentially even rank the workouts on a scale of 1-5 difficulty as you do it!

As you know, you should be keeping track of the difficulty, scaling, and your scores (or times); so what better place to do that than in a group of people who are going to cheer you on?

**That being said, here's a good copy-paster for sharing the workouts:**

WORKOUT CHECK-IN [OR HELP NEEDED]:

MONTH: [1-3]

WEEK: [1-4]

DAY: [1-28]

RANK: [1-5]

MODIFICATIONS/SCALING:

EXTRA INFORMATION:

# TERMINOLOGY GLOSSARY

**WHAT DO THESE RECURRING TERMS MEAN!?!**

## RECURRING TERMINOLOGY

We're going to have some recurring terminology throughout the course of this program, so it's best to familiarize yourself with it. This will be helpful throughout the entirety of the program, and will continue being useful if you decided to continue on with this type of training with us! :)

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## THE GLOSSARY

**WARM UP WORK (WUW):** Warm up work, as opposed to just seeing "Get Warm", which I'll discuss in just a second, means that your workout will consist of movements and exercises that will likely get you workin'. They won't be easy; and may even be similar to a "regular" styled workout routine.

**GET WARM (GW):** Get Warm simply means it's your job to get in a short warm up before the actual workout. This can be some high knees, jumping jacks, butt kickers, and any other movements you want to throw in to get your body warm.

**SHORT CARDIO (SC):** Short Cardio requires you to burn 100 extra calories from cardiovascular activity. *This can be easily done as a warm up on a bike, treadmill or other.*

**MEDIUM CARDIO (MC):** Medium Cardio requires you to burn 150-200 extra calories from cardiovascular activity. (This range depends on the programming that it is paired with.

**LONG DISTANCE BIG CALORIE CARDIO BURN (BC):** Big Cardio requires you to burn 300+ extra calories from cardiovascular activity.

**REST DAY:** I know I shouldn't HAVE to explain this, but I want to make it very clear how important this is. You are going to grow and level up when you rest. You MUST get ample rest and utilize the rest days given.

# TERMINOLOGY GLOSSARY PART 2

## WHAT DO THESE RECURRING TERMS MEAN!?!

**CALLY TALLY (CT):** Cally Tally refers to a “Calisthenics Tally” which is a recurring type of workout that will be when we work on progression in calisthenics using a 3-5 round circuit (or broken into individual sets) in different schemes with similar movements and their scaled variations.

**CHIP AWAY (CA):** Chip Away style workouts are BIG circuits that require you to chip away at them to finish. These are usually 1-2 rounds, but can potentially be longer. During these there will usually not be programmed rest time, but you will likely need to take short breaks in between movements in order to complete the entire workout. *Aim for your best time and record it! You may want to eventually come back and see how much you have progressed!*

**QUICK N’ DIRTY (QND):** Quick N’ Dirty Workouts refer to a workout that is likely super high intensity, but can [usually] be done in a short period of time, depending on the individual. These can be workouts with 1-5+ rounds that just involve fairly easy exercises, or even any of the following types of circuits.

*(You will see this the most out of any workout type on your scheduling because they are extremely variable; both in their own formatting and length, and the ability to build around them as well.)*

**EMOM:** EMOM stands for “Every Minute On The Minute”, which means you will complete an exercise, or even more than one, for the programmed reps, and then rest any amount of time remaining in that minute. You will then move onto the next portion of the programming, which generally has you repeating that movement, sometimes even scaling up (or down) the total reps you’ll be doing.

**TABATA:** Tabata is a type of circuit that can be as short as 2-4 minutes, but can also run longer. It is usually programmed with one or more exercises running in a 20 seconds on, 10 seconds off fashion, and then repeating for the entire programmed duration.

# TERMINOLOGY GLOSSARY PART 3

## WHAT DO THESE RECURRING TERMS MEAN!?!

**20-15-10:** 20-15-10 is a rep count that I use often. Sometimes I switch this up to 20-16-10, or something similar (in order to keep them even if we're rotating legs, arms, or sides, etc), but it will generally come with a couple movements (sometimes more) and you are required to work your way through rounds that follow the 20-15-10 count. **Ex:** Round one would have you complete whatever programmed movements you have for 20 reps of each, and then round two would have you do those same movements 15 reps each, followed by the last round of 10 reps of each programmed movement.

**AMRAP:** AMRAP stands for "As Many Rounds As Possible". So, instead of what I explained with the Chip Away workouts that you'll be keeping your time and looking to progress, these workouts have you going to a specific and set amount of time and then completing the designated programming for that entire duration. You will keep track of either rounds or reps (generally rounds and then whatever reps you complete within the last round) which will serve as your total score for that workout.

**BONUS AB WORK (BAW):** Bonus Ab Work is just that, bonus work on top of a format of workout you're likely used to seeing. This can come sporadically, and will likely be a short finisher to get your abs going! *You may also see some other bonus work show up without even being mentioned in your previews! :)*

**WEIGHT RECOMMENDATIONS "[X/X]":** All weight recommendations are split between men and women. The first weight is what I recommend for men and the second is what I recommend for women. These weights are listed in pounds. Ex: [45/20] is me recommending 45 lbs. for men and 20 lbs. for women.

# [EXTRA] ADDITIONAL TRAINING OPTIONS

## HOW TO ADD IN PERSONALIZED PROGRESSION WORK

1

### STRENGTH TRAINING PROGRESSION WORK

Of course, if you WANT to include other strength exercises into this program you are absolutely allowed. That being said: you do not, by any means, NEED to do this. Here are some exercises you can add in from time to time when looking to strengthen specific body parts [specifically with added resistance]:

**Biceps:**

DB or Resistance Band Curl Variations (Static, Hammer, Regular, etc.)

**Triceps:**

Overhead Extension, Kickbacks, Skullcrushers

**Chest:**

Press Variations (Regular/Incline), and Flyes (Standing/Lying)

**Back:**

Deadlift w/ DB or KB, Bent Over Rows, Resisted/Weighted Pull Ups

**Shoulders:**

Overhead Press, Shoulder Flyes, Front Raises, Upright Rows

**Legs:**

Variable Squats, Lunges, and Bulgarian Split Squats

2

### CALISTHENICS & HOLDS PROGRESSION

Another thing you may want to specifically work on is your progression to advanced calisthenics movements. You will get there via the use of this program, but more often than not it will also take some extra work with balance, holds, and the specific advanced movements in order to be able to complete them (if that isn't obvious). I recommend adding in hold work (like L-Sits, Handstands, etc.) and scaling up calisthenics work throughout your programming.

# [EXTRA] ADDITIONAL TRAINING OPTIONS 2

## HOW TO ADD IN PERSONALIZED PROGRESSION WORK PT. 2

3

### EXTRA SIX PACK ABS & CORE WORK

Your toned core and six pack abs are going to be one of the priorities for this routine considering the goal here is to unleash The Superhero Physique. This is going to come via the fat burn that comes with this, but also the emphasis we already put on core work. That being said, if you'd like to add in extra core work you can repeat any of the short additional ab work built into certain days (which you'll find throughout your programming), or add in extra work as follows:

**Movement Type One:**

Leg Raise Movement (Hanging or Lying)

**Movement Type Two:**

Crunch/Sit Up Type Movement (All different crunch/sit up variations)

**Movement Type Three:**

Holds (Planks, L-Sits, Hollow Hold, etc.)

4

### EXTRA GLUTES [BOOTY] AND LEG WORK

This is one part that I actually highly recommend taking advantage of. For some women your goal may be to become more curvy and grow your glutes more—so than continue building more upper body strength. Both will come regardless, but it's okay to put extra work into your glutes and even potentially substitute upper body work for more glute and leg work!

**These are my go-to movements for adding leg/glutes:** Squat Variations (Jump, Pulse, Goblet, Split Squats, etc), Donkey Kicks, Fire Hydrants, Lunge Variations, Glute Bridges (and Single Leg) and more.

*Don't forget you can also scale these up with weight and resistance bands!*

# DON'T FORGET TO KEEP TRACK OF YOUR SCORES!

**TRACKING PROGRESS, SCORING, TIMES AND MORE...**

Whether you have read Superhuman Secrets, learned from the site, known about it already, or are simply trusting the advice of this Legacy Program; you should know to always strive for progressive overload.

This program is built around progressive overload via the scaling resources, formatting, and even inherently built in over time (which is obviously done on purpose).

**On top of this, I want you to be able to track your progression...outside of just watching the fat shred from your body and the muscles tone while unlocking your new Superhero Physique.**

For that reason I STRONGLY suggest keeping track of your scores, times, and even notes from your training.

Regardless of whether or not you plan on re-running this exact programming directly after (which we'll discuss next), or if you want to follow this up with more custom SHS programming; it's absolutely a good idea to revisit past programs to see how you are making progress.

For each style of training you should be keeping track of what you've had to scale, and a score depending on the specific program.

*Most programs will simply be how long it took (track the time/total), combined with what you scaled, and the weight you used.*





# SUPERHUMAN SYSTEM



## 4 WEEK TRAINING PREVIEW #1

**QUICK  
N'  
DIRTY**

LEVEL  
UP

**CALLY  
TALLY**

LEVEL  
UP

**BIG  
CARDIO  
BURN**

LEVEL  
UP

**REST  
DAY**

REST &  
REPAIR

**CHIP  
AWAY**

LEVEL  
UP

**CALLY  
TALLY**

LEVEL  
UP

**QUICK  
N'  
DIRTY**

LEVEL  
UP

**REST  
DAY**

REST &  
REPAIR

**QUICK  
N'  
DIRTY**

LEVEL  
UP

**CALLY  
TALLY**

LEVEL  
UP

**BIG  
CARDIO  
BURN**

LEVEL  
UP

**REST  
DAY**

REST &  
REPAIR

**CHIP  
AWAY**

LEVEL  
UP

**CALLY  
TALLY**

LEVEL  
UP

**QUICK  
N'  
DIRTY**

LEVEL  
UP

**REST  
DAY**

REST &  
REPAIR

**QUICK  
N'  
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**CALLY  
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**BIG  
CARDIO  
BURN**

LEVEL  
UP

**REST  
DAY**

REST &  
REPAIR

**CHIP  
AWAY**

LEVEL  
UP

**CALLY  
TALLY**

LEVEL  
UP

**QUICK  
N'  
DIRTY**

LEVEL  
UP

**REST  
DAY**

REST &  
REPAIR

**QUICK  
N'  
DIRTY**

LEVEL  
UP

**CALLY  
TALLY**

LEVEL  
UP

**BIG  
CARDIO  
BURN**

LEVEL  
UP

**REST  
DAY**

REST &  
REPAIR

# DAY 1:

**GET WARM  
QUICK N' DIRTY  
MEDIUM CARDIO**



## SCALING GUIDE:

Pull Ups: Scale to Pike Push Ups or Bodyweight Rows  
KB DL: Scale with Gallon Water Jug or Light Weight  
Double Unders: 3X as many Jump Ropes or Jumping Jacks  
Goblet Squats: Scale to Air Squats or Lighter Weight  
Snatches: Scale to Gallon Water Jug or Light Weight



## THE WORKOUT

### QUICK N' DIRTY

#### COMPLETE 2 ROUNDS

25 Pull Ups  
50 Single Arm Kettlebell Deadlift (25 each arm) [45/20]  
50 Bicycle Crunches  
50 Double Unders  
50 Push Ups  
50 Goblet Squats [45/20]  
50 Single Arm Snatches [45/20]  
25 Pull Ups

*No Rest Between Rounds - Only Rest To Scale*

#### REQUIRED CALORIE BURN

150-200 CALORIES

## DAY 2:

**WARM UP WORK  
CALLY TALLY  
SHORT CARDIO**



### SCALING GUIDE:

Wall Climbs: Scale to Inch Worms  
Double Unders: Scale to 3X as many Jumping Jacks or Jump Ropes  
L-Sit: Scale to Hollow Hold  
Pulse Squats: Scale to No Pulse  
Dips: Scale with Chair.



## THE WORKOUT

### WARM UP WORK

2x5 Wall Climbs  
2x10 Double Unders

### CALLY TALLY: 5 ROUND CIRCUIT

30 Decline Glute Bridges  
25 Second L-Sit  
20 Push Ups w/ Dumbbell Rows (Alternating - 10 DB Rows Each Side)  
15 Pulse Squats  
10 Incline Pike Push Ups  
5 Dips  
*Rest 1-2 Minutes Only If Needed*

### REQUIRED CALORIE BURN

100 CALORIES

# DAY 3:

**LONG DISTANCE  
BIG CALORIE  
CARDIO BURN**



## SCALING GUIDE:

Scale to the specific variation of calorie burn that you would like to utilize to complete your Big Cardio Day.

*Make it enjoyable. Get active.*



## THE WORKOUT

### BIG CARDIO BURN DAY

**REQUIRED CALORIE BURN:** 300 Calories

### VARIABLE TRAINING METHODS

You are required to burn 300 calories today (or more); but how you do it is up to you. You can go on a hike, play tennis, go for a run, or burn 300 calories varied across multiple machines like Bike -> Treadmill -> Rower -> StairMaster -> Elliptical -> Etc.

Another great way to burn these calories would be to take a SPIN Class or even Pilates or Yoga!

And, finally, you also have your 5 Round Jump Rope Workout(s) which are on page 14 and 15.

You can utilize ANY of the 5 different variations that I share with you.

*Be sure to switch it up every BCD if you use the Jump Rope Workouts!*

**WEEK 1**

**MONTH 1**



**DAY 4**



**REST DAY**

“Heroes are made by the path they choose, not the powers they are graced with.”

– **Iron Man**

# DAY 5:

**GET WARM  
CHIP AWAY  
SHORT CARDIO**



## SCALING GUIDE:

Jump Ropes Scale to Jumping Jacks  
Push Ups: Scale to Knee Push Ups or Pause Push Ups  
Static Handstand Hold: Scale to Pike Push Up Hold or Reps  
Pulsing Plank Hold: Scale to Regular Forearm Plank  
Dips: Scale with Chair  
Chin Ups: Scale to Pike Push Ups or Bodyweight Rows



## THE WORKOUT

### CHIP AWAY

#### COMPLETE 5 ROUNDS

100 Jump Ropes  
30 Second Superman Hold  
25 Push Ups  
30 Second Static Handstand Hold [Against Wall]  
20 Air Squats  
30 Second Pulsing Plank Hold  
15 Dips  
30 Second Flutter Kicks  
10 Chin Ups  
30 Second Crow Pose Progression (Don't Need To Hold It for 30, But Work On It Until Clock Runs Out)  
5 Jumping Lunges [Each Leg]  
*1 Minute Rest [Only If Needed]*

**REQUIRED CALORIE BURN: 100 CALORIES**

## DAY 6:

**GET WARM  
CALLY TALLY  
MEDIUM CARDIO**



### SCALING GUIDE:

Push Ups: Scale to Knee Push Ups or Pause Push Ups  
Sit Ups: Scale to Crunches  
Dips: Scale to Chair Dips  
Hanging Leg Raises: Scale to Lying Leg Raises  
Pull Ups: Scale to Pike Push Ups or Bodyweight Rows



## THE WORKOUT

### CALLY TALLY: COMPLETE ALL REPS

*Complete All Reps However You'd Like*

*\*\*Complete as a Circuit, in Supersets, or even just regular Sets/Reps\*\**

Push Ups: 150

Air Squats: 150

Sit Ups: 100

Dips: 100

Lunges: 100 [Total]

Hanging Leg Raises: 75

Pull Ups (or Chin Ups): 75

### REQUIRED CALORIE BURN

150-200 CALORIES

# DAY 7:

**GET WARM**  
**QUICK N' DIRTY**  
**OPTIONAL: WORK**



### SCALING GUIDE:

Jump Rope: Scale to Jumping Jacks  
DB Thrusters: Scale by decreasing weight.  
DB Front Squats: Scale to Air Squats.  
DB Static Arm Curls: Scale by decreasing weight.  
V-Ups: Scale to Crunches.



## THE WORKOUT

### QUICK N' DIRTY: 20 MINUTE WORKOUT

<p><b>ROUND ONE:</b></p> <p>1 Minute Jump Rope 30 Seconds DB Thrusters 1 Minute Jump Rope 30 Seconds DB Thrusters 1 Minute Jump Rope 30 Seconds DB Thrusters 30 Second Rest</p>	<p><b>ROUND TWO:</b></p> <p>1 Minute Jump Rope 30 Seconds DB Front Squats 1 Minute Jump Rope 30 Seconds DB Front Squats 1 Minute Jump Rope 30 Seconds DB Front Squats 30 Second Rest</p>
<p><b>ROUND THREE:</b></p> <p>1 Minute Jump Rope 30 Seconds DB Static Arm Curls 1 Minute Jump Rope 30 Seconds DB Static Arm Curls 1 Minute Jump Rope 30 Seconds DB Static Arm Curls 30 Second Rest</p>	<p><b>ROUND FOUR:</b></p> <p>1 Minute Jump Rope 30 Seconds of V-Ups 1 Minute Jump Rope 30 Seconds of V-Ups 1 Minute Jump Rope 30 Seconds of V-Ups 30 Second Rest</p>

**OPTIONAL ADDITION:** Work on calisthenics or specific body part progression.



**WEEK 1**

**MONTH 1**



**DAY 8**



**REST DAY**

“I think a hero is an ordinary individual who finds strength to persevere and endure in spite of overwhelming obstacles.”

**–Superman**

# DAY 9:

**WARM UP WORK  
QUICK N' DIRTY  
SHORT CARDIO**



### SCALING GUIDE:

Plank to Push Ups: Scale to 30-60 Second Forearm Plank Holds  
Wall Climbs: Scale to Inch Worms  
Kettlebell Swings: Scale with Gallon Water Jug or Lighter Weight  
V-Ups: Scale to Bicycle Crunches  
Double Unders: Scale to 3X as many Jumping Jacks or Jump Ropes



## THE WORKOUT

### WARM UP WORK

3x20 Mountain Climbers  
3x15 Plank to Push Ups  
3x10 Shoulder Taps (Each Shoulder)  
3x5 Wall Climbs

### QUICK N' DIRTY: 20-15-10

*Please see Page 21 for Further Instructions on 20-15-10*

Kettlebell Swings [45/20]  
V-Ups  
Double Unders

### REQUIRED CALORIE BURN

100 CALORIES

# DAY 10:

**WARM UP WORK  
CALLY TALLY  
SHORT CARDIO**



## SCALING GUIDE:

L-Sit: Scale to Progression or Hollow Holds  
Push Ups: Scale to Knee Push Ups or Pause Push Ups  
Dips: Scale to Chair Dips  
Pull Ups: Scale to Pike Push Ups or Bodyweight Rows  
Double Unders: Scale to 3X as many Jumping Jacks or Jump Ropes



## THE WORKOUT

### WARM UP WORK

3x30 Second L-Sit Hold  
3x5 Inch Worms  
3x10 Pike Push Ups

### CALLY TALLY: 5 ROUND CIRCUIT

30 Push Ups  
25 Russian Twists (30/10)  
20 Goblet Lunges (45/20)  
15 Dips  
10 Pull Ups  
5 Double Unders  
*Break for 1-2 Minutes between rounds.*

### REQUIRED CALORIE BURN

100-150 CALORIES

# DAY 11:

**LONG DISTANCE  
BIG CALORIE  
CARDIO BURN**



## SCALING GUIDE:

Scale to the specific variation of calorie burn that you would like to utilize to complete your Big Cardio Day.

*Make it enjoyable. Get active.*



## THE WORKOUT

### BIG CARDIO BURN DAY

**REQUIRED CALORIE BURN:** 300 Calories

### VARIABLE TRAINING METHODS

You are required to burn 300 calories today (or more); but how you do it is up to you. You can go on a hike, play tennis, go for a run, or burn 300 calories varied across multiple machines like Bike -> Treadmill -> Rower -> StairMaster -> Elliptical -> Etc.

Another great way to burn these calories would be to take a SPIN Class or even Pilates or Yoga!

And, finally, you also have your 5 Round Jump Rope Workout(s) which are on page 14 and 15.

You can utilize ANY of the 5 different variations that I share with you.

*Be sure to switch it up every BCD if you use the Jump Rope Workouts!*

**WEEK 2**

**MONTH 1**

**DAY 12**



**REST DAY**

“No man can win every battle, but no man should fall without a struggle.”

– **Peter Parker**

# DAY 13:

**GET WARM  
CHIP AWAY  
MEDIUM CARDIO**



## SCALING GUIDE:

Skull Crushers: Scale with your Bodyweight (These should be BODYWEIGHT calisthenic Skull Crushers)  
L-Sit Hold: Scale to Hollow Hold  
Push Ups: Scale to Knee Push Ups or Pause Push Ups  
Pistol Squats: Scale with Chair or to Air Squats  
Plank to Push Ups: Scale to 30-60 Second Forearm Plank Hold



## THE WORKOUT

### CHIP AWAY

#### COMPLETE 3 ROUNDS

- 20 Skull Crushers (Close Grip)
- 15 Second L-Sit Hold
- 15 Explosive Push Ups
- 15 Elevated Pike Push Ups
- 10 Burpees
- 10 Pistol Squats (Each Leg)
- 50 Bicycle Crunches
- 20 Plank to Push Ups

#### REQUIRED CALORIE BURN

150-200 CALORIES

**OPTIONAL ADDITION:** Work on calisthenics or specific body part progression.

# DAY 14:

**WARM UP WORK  
CALLY TALLY  
SHORT CARDIO**



## SCALING GUIDE:

L-Sit: Scale to Progression or Hollow Holds  
Jump Ropes: Jumping Jacks  
Lying Leg Raises: Bend Legs to Scale  
Wide To Close Push Ups: Scale to Pause Push Ups or Regular



## THE WORKOUT

### WARM UP WORK

3x30 Second L-Sit Hold  
3x5 Inch Worms  
3x10 Pike Push Ups

### CALLY TALLY: 5 ROUND CIRCUIT

40 Jump Ropes  
35 Second Plank  
30 KB Toe Taps/Touches  
25 Lying Leg Raises with Hip Thrust  
20 Wide To Close Push Ups  
15 Goblet Pause Squats  
10 Dips  
5 Pull Ups  
*Rest 1-2 Minutes If Needed*

**REQUIRED CALORIE BURN: 100-150 CALORIES**

# DAY 15:

**WARM UP WORK  
QUICK N' DIRTY  
SHORT CARDIO**



### SCALING GUIDE:

KB Swings: Scale with Gallon Water Jug or Light Weight  
Handstand Push Ups: Scale with Wall Climbs or Pulls Ups (Scaled)  
Double Unders: Scale to 3X as many Jumping Jacks or Jump Ropes



## THE WORKOUT

### WARM UP WORK

2x10 KB Swing  
2x10 Superman Raises  
2x10 Side Squats

### TWO MINI-CIRCUITS: *OPTIONAL REST BETWEEN CIRCUITS*

#### CIRCUIT ONE

*Complete 5 Rounds*  
10 HSPU  
10 Double Unders

#### CIRCUIT TWO

*Complete 5 Rounds*  
10 Curl to Press (20/8)  
20 Mountain Climbers  
10 Shoulder Taps

### REQUIRED CALORIE BURN

100 CALORIES



**WEEK 3**

**MONTH 1**

**DAY 16**



**REST DAY**

“Power comes in response to a need, not a desire. You have to create that need.”

– **Goku**

# DAY 17:

**GET WARM  
QUICK N' DIRTY  
MEDIUM CARDIO**



## SCALING GUIDE:

Jump Ropes: Scale to Jumping Jacks  
Sit Ups: Scale to Crunches  
V-Ups: Scale to Bicycle Crunches



## THE WORKOUT

### QUICK N' DIRTY: 15 MINUTE EMOM (EVERY MINUTE ON THE MINUTE)

100 Jump Ropes  
15 KB Swings [45/20]  
10 Weighted Lunges (KB Goblet or DB to Side) [45/20]  
Repeat This Cycle 5 Times Through to Hit your 15 Minutes

### TABATA ABS: COMPLETE 2 ROUNDS

*(20 Seconds On, 10 Seconds Off, Cycling Through Movements)*

Forearm Plank  
Sit Ups  
Hollow Hold  
V-Ups  
Mountain Climbers  
Slow Side Crunches

### REQUIRED CALORIE BURN

150-200 CALORIES

# DAY 18:

**GET WARM  
CALLY TALLY  
MEDIUM CARDIO**



## SCALING GUIDE:



Push Up Variations: Scale to Variations on Knees  
Jump Rope: Scale to Jumping Jacks

## THE WORKOUT

### CALLY TALLY: 5 ROUND CIRCUIT

5 Regular Push Ups  
30 Seconds of Jump Rope  
5 Wide Push Ups  
30 Second Superman Hold  
5 Pseudo Push Ups  
30 Second Rest  
5 Explosive Push Ups  
30 Seconds Reverse Superman Hold  
5 Close Push Ups (or Diamond)  
30 Seconds of Jump Rope  
5 Incline Push Ups  
30 Second Rest

### REQUIRED CALORIE BURN

200 CALORIES

# DAY 19:

**LONG DISTANCE  
BIG CALORIE  
CARDIO BURN**



## SCALING GUIDE:

Scale to the specific variation of calorie burn that you would like to utilize to complete your Big Cardio Day.

*Make it enjoyable. Get active.*



## THE WORKOUT

### BIG CARDIO BURN DAY

**REQUIRED CALORIE BURN:** 300 Calories

### VARIABLE TRAINING METHODS

You are required to burn 300 calories today (or more); but how you do it is up to you. You can go on a hike, play tennis, go for a run, or burn 300 calories varied across multiple machines like Bike -> Treadmill -> Rower -> StairMaster -> Elliptical -> Etc.

Another great way to burn these calories would be to take a SPIN Class or even Pilates or Yoga!

And, finally, you also have your 5 Round Jump Rope Workout(s) which are on page 14 and 15.

You can utilize ANY of the 5 different variations that I share with you.

*Be sure to switch it up every BCD if you use the Jump Rope Workouts!*

**WEEK 3**

**MONTH 1**

**DAY 20**



**REST DAY**

“You are much stronger than  
you think you are. Trust me”

**–Superman**

# DAY 21:

**GET WARM  
CHIP AWAY**



## SCALING GUIDE:

Push Ups: Knee Ups and Pause Push Ups  
Pull Ups: Pike Push Ups or Bodyweight Rows  
Run: Scale to Half a Mile

Extra Scaling: Scale the run to make it lower and then scale the rep counts as well if needed.



## THE WORKOUT

### FINAL CHIP AWAY OF MONTH ONE MURPH CHALLENGE

*Complete 1 Round Wearing a 20 LB Weighted Vest*

1 Mile Run

100 Pull Ups

200 Push Ups

300 Squats

1 Mile Run

*GOOD LUCK! KEEP TRACK OF YOUR SCORE! (TIME)*

# DAY 22:

GET WARM  
CALLY TALLY



## SCALING GUIDE:

Push Up Variations: Scale to Variations on Knees  
Jump Rope: Scale to Jumping Jacks



## THE WORKOUT

### CALLY TALLY: 4 ROUND CIRCUIT

Run 400 Meters  
25 Skater Lunges  
30 Push Ups  
25 Glute Bridges  
30 Jumping Jacks  
25 Air Squats  
30 Second Plank  
25 Dips  
30 Lunges (15 each leg)  
25 Pike Push Ups  
30 Step Ups (15 each leg)

**OPTIONAL ADDITION:** Work on calisthenics or specific body part progression.

# DAY 23:

**WARM UP WORK  
QUICK N' DIRTY  
MEDIUM CARDIO**



## SCALING GUIDE:

Single Arm KB Deadlift: Scale to Dumbbell Deadlifts  
Goblet Squats: Scale to Dumbbell Goblets  
KB Sumo Deadlift High Pull: Scale to DL into Upright Row with DBs  
KB Swings: Scale to DB Kettlebell Swing  
Pull Ups: Scale to Pike Push Ups  
Double Unders: Scale to 3X as many Jump Ropes or Jumping Jacks



## THE WORKOUT

### WARM UP WORK [45/20 LB. KB SUGGESTED]

Single Arm KB DL: 3x10 each arm  
Goblet Squats: 3x10  
KB Sumo DL High Pulls: 3x10  
KB Swings: 3x10

### QUICK N' DIRTY: 20-15-10

*Please see Page 21 for Further Instructions on 20-15-10*

DB or Band Thrusters [30/15]  
Pull Ups  
Double Unders

### REQUIRED CALORIE BURN

150-200 CALORIES

**OPTIONAL ADDITION:** Work on calisthenics or specific body part progression.



**WEEK 4**

**MONTH 1**

**DAY 24**



**REST DAY**

“Do. Or do not. There is no try.”

– Yoda

# DAY 25:

**WARM UP WORK  
QUICK N' DIRTY  
SHORT CARDIO**



## SCALING GUIDE:

Plank to Push Ups: Scale to 60 Second Forearm Plank Hold  
Box Jumps: Scale with Chair, Box or Stairs  
Burpee Pull Ups: Scale to Burpee Pike Push Ups



## THE WORKOUT

### WARM UP WORK

3x25 Mountain Climbers  
3x10 Plank to Push Ups  
3x10 Shoulder Taps (Each Shoulder)  
3x10 Inch Worms

### QUICK N' DIRTY: COMPLETE 7 ROUNDS

40 Double Unders  
7 Box Jumps  
7 Dumbbell Hang Snatch Lunges  
7 Burpee Pull Ups  
7 V-Ups

### REQUIRED CALORIE BURN

100 CALORIES

# DAY 26:

**GET WARM  
CALLY TALLY  
MEDIUM CARDIO**



## SCALING GUIDE:

Push Up Variations: Scale to Variations on Knees  
Jump Rope: Scale to Jumping Jacks



## THE WORKOUT

### CALLY TALLY: 4 ROUND CIRCUIT

10 Clap Push Ups  
5 Plank to Push Ups  
10 Dips  
5 Wide Grip Pull Ups  
10 Wide to Close Push Ups  
5 Goblet Squats w/ 3 Second Pause  
10 Double Unders  
5 Hanging Leg Raises

### REQUIRED CALORIE BURN

150-200 CALORIES

**OPTIONAL ADDITION:** Work on calisthenics or specific body part progression.

# DAY 27:

**LONG DISTANCE  
BIG CALORIE  
CARDIO BURN**



## SCALING GUIDE:

Scale to the specific variation of calorie burn that you would like to utilize to complete your Big Cardio Day.

*Make it enjoyable. Get active.*



## THE WORKOUT

### BIG CARDIO BURN DAY

**REQUIRED CALORIE BURN:** 300 Calories

### VARIABLE TRAINING METHODS

You are required to burn 300 calories today (or more); but how you do it is up to you. You can go on a hike, play tennis, go for a run, or burn 300 calories varied across multiple machines like Bike -> Treadmill -> Rower -> StairMaster -> Elliptical -> Etc.

Another great way to burn these calories would be to take a SPIN Class or even Pilates or Yoga!

And, finally, you also have your 5 Round Jump Rope Workout(s) which are on page 14 and 15.

You can utilize ANY of the 5 different variations that I share with you.

*Be sure to switch it up every BCD if you use the Jump Rope Workouts!*

**WEEK 4**

**MONTH 1**

**DAY 28**



**REST DAY**

“Dark and difficult times lie ahead. Soon, we must all face the choice between what is right and what is easy.”

– **Dumbledore**



# SHJ LEGACY PROGRAM



## 4 WEEK TRAINING PREVIEW #2

**CHIP  
AWAY**

LEVEL  
UP

**CALLY  
TALLY**

LEVEL  
UP

**QUICK  
N'  
DIRTY**

LEVEL  
UP

**REST  
DAY**

REST &  
REPAIR

**QUICK  
N'  
DIRTY**

LEVEL  
UP

**CALLY  
TALLY**

LEVEL  
UP

**BIG  
CARDIO  
BURN**

LEVEL  
UP

**REST  
DAY**

REST &  
REPAIR

**CHIP  
AWAY**

LEVEL  
UP

**CALLY  
TALLY**

LEVEL  
UP

**QUICK  
N'  
DIRTY**

LEVEL  
UP

**REST  
DAY**

REST &  
REPAIR

**QUICK  
N'  
DIRTY**

LEVEL  
UP

**CALLY  
TALLY**

LEVEL  
UP

**BIG  
CARDIO  
BURN**

LEVEL  
UP

**REST  
DAY**

REST &  
REPAIR

**CHIP  
AWAY**

LEVEL  
UP

**CALLY  
TALLY**

LEVEL  
UP

**QUICK  
N'  
DIRTY**

LEVEL  
UP

**REST  
DAY**

REST &  
REPAIR

**QUICK  
N'  
DIRTY**

LEVEL  
UP

**CALLY  
TALLY**

LEVEL  
UP

**BIG  
CARDIO  
BURN**

LEVEL  
UP

**REST  
DAY**

REST &  
REPAIR

**CHIP  
AWAY**

LEVEL  
UP

**CALLY  
TALLY**

LEVEL  
UP

**QUICK  
N'  
DIRTY**

LEVEL  
UP

**REST  
DAY**

REST &  
REPAIR

# DAY 1:

**GET WARM  
CHIP AWAY  
SHORT CARDIO**



### SCALING GUIDE:

Man-Makers: Scale to Burpees  
L-Sit: Scale to Hollow Hold  
Pull Ups: Scale to Pike Push Ups  
Plank to Push Ups: Scale to 60 Second Forearm Plank  
Double Unders: Scale to 3X as many Jumping Jacks or Jump Ropes  
Push Ups: Scale to Knee Push Ups or Pause Push Ups



## THE WORKOUT

### CHIP AWAY: COMPLETE ONE ROUND

20 Push Ups  
5 Man Makers (30/15)  
10 Air Squats  
4 Man Makers  
20 Second L-Sit  
3 Man Makers  
10 Pull Ups  
2 Man Makers  
20 Glute Bridges  
1 Man Maker

**CONTINUED TO NEXT BOX ->**

### 30 SECOND REST IF NEEDED

1 Man Maker  
10 Plank to Push Ups  
2 Man Makers  
20 Kettlebell Toe Taps  
3 Man Makers  
10 Double Unders  
4 Man Makers  
20 Push Ups  
5 Man Makers  
10 Air Squats

### REQUIRED CALORIE BURN

100 CALORIES

# DAY 2:

**WARM UP WORK  
CALLY TALLY  
MEDIUM CARDIO**



## SCALING GUIDE:

Push Ups: Scale to Knee Push Ups or Pause Push Ups  
Dips: Scale with Chair  
Sit Ups: Scale to Crunches



## THE WORKOUT

### WARM UP WORK

3x20 Push Ups  
3x15 Dips  
3x10 Lunges (Each Leg)  
3x8 Chin Ups or Pike Push Ups

### CALLY TALLY: 4 ROUND CIRCUIT

15 Knee Raises from L-Sit on Chairs or Rings  
30 Second L-Sit Hold or Progression (Add Kicks to Scale Up)  
15 Sit Ups  
30 Mountain Climbers  
15 Russian Twists  
30 Second Plank

### REQUIRED CALORIE BURN

200 CALORIES



# DAY 3:

**GET WARM  
QUICK N' DIRTY  
SHORT CARDIO**



## SCALING GUIDE:

Plank to Push Ups: Scale to 30-60 Second Forearm Plank Holds  
Wall Climbs: Scale to Inch Worms  
Kettlebell Swings: Scale with Gallon Water Jug or Lighter Weight  
V-Ups: Scale to Bicycle Crunches  
Double Unders: Scale to 3X as many Jumping Jacks or Jump Ropes



## THE WORKOUT

### QUICK N' DIRTY: COMPLETE 3 ROUNDS

20 Kettlebell Swings  
30 Second Hollow Hold (Reverse Superman)  
20 Wide Grip to Close Grip Push Ups  
10 Kettlebell Taps (each arm)  
20 Double Unders  
10 Single Arm Kettlebell Deadlifts (each side)  
20 Plank Pull Throughs w/ KB  
15 Elevated Pike Push Ups  
5 Pistol Squats (each leg)  
10 Plank to Ankle Taps [x10]

### REQUIRED CALORIE BURN

100 CALORIES

**WEEK 1**

**MONTH 2**



**DAY 4**



**REST DAY**

“You’ll laugh at your fears  
when you find out who you  
are.”

– **Piccolo**

## DAY 5:

GET WARM  
QUICK N' DIRTY  
MEDIUM CARDIO

## SCALING GUIDE:

Single Arm KB Deadlift: Scale to Dumbbell Deadlifts  
 Goblet Squats: Scale to Dumbbell Goblets  
 KB Sumo Deadlift High Pull: Scale to DL into Upright Row with DBs  
 KB Swings: Scale to DB Kettlebell Swing  
 Pull Ups: Scale to Pike Push Ups  
 Double Unders: Scale to 3X as many Jump Ropes or Jumping Jacks



## THE WORKOUT

## CIRCUIT ONE: ALTERNATING MINUTE EMOM

*REST EVERY OTHER MINUTE***Total Time w/ Rest:** 20 Minutes**Movement:** Jump Rope or Jumping Jacks**Explanation:** Jump Rope for 1 min then rest 1 min then rinse and repeat for a total of 20 minutes, including rest time. Scale up to 30-40 minutes total to increase calories burned.

## QUICK N' DIRTY: 20-16-10

*Please see Page 21 for Further Instructions on 20-15-10*

Kettlebell Swings [45/20]

Kettlebell Burpee High Pulls [45/20]

Kettlebell Single Arm Deadlifts (10/8/5 each arm) [45/20]

**OPTIONAL ADDITION:** Work on calisthenics or specific body part progression.

# DAY 6:

**GET WARM  
CALLY TALLY  
MEDIUM CARDIO**



## SCALING GUIDE:

Push Ups: Scale to Knee Push Ups or Pause Push Ups

Sit Ups: Scale to Crunches

Dips: Scale to Chair Dips

Hanging Leg Raises: Scale to Lying Leg Raises

Pull Ups: Scale to Pike Push Ups or Bodyweight Rows



## THE WORKOUT

### CALLY TALLY: COMPLETE ALL REPS

*Complete All Reps However You'd Like*

*\*\*Complete as a Circuit, in Supersets, or even just regular Sets/Reps\*\**

Push Ups: 150

Air Squats: 150

Sit Ups: 100

Dips: 100

Lunges: 100 [Total]

Hanging Leg Raises: 75

Pull Ups (or Chin Ups): 75

### REQUIRED CALORIE BURN

150-200 CALORIES

# DAY 7:

**LONG DISTANCE  
BIG CALORIE  
CARDIO BURN**



## SCALING GUIDE:

Scale to the specific variation of calorie burn that you would like to utilize to complete your Big Cardio Day.

*Make it enjoyable. Get active.*



## THE WORKOUT

### BIG CARDIO BURN DAY

**REQUIRED CALORIE BURN:** 300 Calories

### VARIABLE TRAINING METHODS

You are required to burn 300 calories today (or more); but how you do it is up to you. You can go on a hike, play tennis, go for a run, or burn 300 calories varied across multiple machines like Bike -> Treadmill -> Rower -> StairMaster -> Elliptical -> Etc.

Another great way to burn these calories would be to take a SPIN Class or even Pilates or Yoga!

And, finally, you also have your 5 Round Jump Rope Workout(s) which are on page 14 and 15.

You can utilize ANY of the 5 different variations that I share with you.

*Be sure to switch it up every BCD if you use the Jump Rope Workouts!*



# DAY 8



# REST DAY

“Don’t worry about what other people think. Hold your head up high and plunge forward.”

– **Izuku Midoriya**

# DAY 9:

**GET WARM  
CHIP AWAY  
SHORT CARDIO**



### SCALING GUIDE:

Man-Makers: Scale to Burpees  
L-Sit: Scale to Hollow Hold  
Pull Ups: Scale to Pike Push Ups  
Plank to Push Ups: Scale to 60 Second Forearm Plank  
Double Unders: Scale to 3X as many Jumping Jacks or Jump Ropes  
Push Ups: Scale to Knee Push Ups or Pause Push Ups



## THE WORKOUT

### CHIP AWAY: COMPLETE ONE ROUND

80 Dumbbell Deadlifts (50/25)  
70 Push Ups  
Single Arm DB Snatches (30/15)  
50 Pistol Squats (25 each leg)  
40 KB Swings (45/20)  
30 Double Unders  
20 Chin Ups  
10 Burpees

**CONTINUED TO NEXT BOX ->**

### Rest 1-2 Minutes Only If Needed

*3 Minute Abs:  
(30 Seconds Each Movement)*  
Plank  
V-Ups  
Right Side Plank  
Crunches  
Left Side Plank  
Bicycle Crunches

### REQUIRED CALORIE BURN

100 CALORIES

# DAY 10:

**WARM UP WORK  
CALLY TALLY  
SHORT CARDIO**



## SCALING GUIDE:

L-Sit: Scale to Progression or Hollow Holds  
Push Ups: Scale to Knee Push Ups or Pause Push Ups  
Dips: Scale with Chair  
Pull Ups: Scale to Bodyweight Rows or more Pike Push Ups  
Double Unders: Scale to 3X as many Jumping Jacks or Jump Ropes



## THE WORKOUT

### WARM UP WORK

3x30 Second L-Sit Hold  
3x5 Inch Worms  
3x10 Pike Push Ups

### CALLY TALLY: 5 ROUND CIRCUIT

30 Push Ups  
25 Russian Twists (30/10)  
20 Goblet Lunges (45/20)  
15 Dips  
10 Pull Ups  
5 Double Unders  
*Break for 1-2 Minutes between rounds.*

### REQUIRED CALORIE BURN

100-150 CALORIES



# DAY 11:

**GET WARM  
QUICK N' DIRTY  
MEDIUM CARDIO**



## SCALING GUIDE:

Scale Weighted Movements to No Weight as Needed



## THE WORKOUT

### QUICK N' DIRTY: COMPLETE 4 ROUNDS

20 Reverse Sumo Walks  
15 Weighted Jump Squats  
10 Weighted Lunges (each leg)  
10 Side Squats (each leg)  
6 Assisted [Weighted] Pistol Squats (each leg)  
10 Weighted Hip Thrusters

### SIX MINUTE ABS

*Complete 30 Seconds Each Movement, Then Repeat*  
Leg Lifts  
Reverse Crunches (Leg Raise and Kick Up)  
Toe Touch (Legs Raised, Crunch and Reach for Toes)  
Sit Ups  
V-Ups  
Hollow Hold

**WEEK 2**

**MONTH 2**

**DAY 12**



**REST DAY**

“The hardest choice requires  
the strongest wills.”

– **Thanos**

# DAY 13:

**GET WARM**  
**QUICK N' DIRTY**  
**OPTIONAL: WORK**



## SCALING GUIDE:



Jump Rope: Scale to Jumping Jacks  
Burpees: Scale to SLOW Burpees  
Sit Ups: Scale to Crunches

## THE WORKOUT

### QUICK N' DIRTY: 20 MINUTE WORKOUT

<p><b>ROUND ONE:</b> 1 Minute Jump Rope 30 Seconds of Air Squats 1 Minute Jump Rope 30 Seconds of Air Squats 1 Minute Jump Rope 30 Seconds of Air Squats 30 Second Rest</p>	<p><b>ROUND TWO:</b> 1 Minute Jump Rope 30 Seconds of Burpees 1 Minute Jump Rope 30 Seconds of Burpees 1 Minute Jump Rope 30 Seconds of Burpees 30 Second Rest</p>
<p><b>ROUND THREE:</b> 1 Minute Jump Rope 30 Seconds of Sit Ups 1 Minute Jump Rope 30 Seconds of Sit Ups 1 Minute Jump Rope 30 Seconds of Sit Ups 30 Second Rest</p>	<p><b>ROUND FOUR:</b> 1 Minute Jump Rope 30 Seconds of Glute Bridges 1 Minute Jump Rope 30 Seconds of Glute Bridges 1 Minute Jump Rope 30 Seconds of Glute Bridges 30 Second Rest</p>

**OPTIONAL ADDITION:** Work on calisthenics or specific body part progression.

# DAY 14:

**WARM UP WORK  
CALLY TALLY  
SHORT CARDIO**



## SCALING GUIDE:

Box Jumps: Scale to Chair or Stairs  
Goblet Squats: Scale to Air Squats  
Double Unders: Scale to 3X as many Jumping Jacks or Jump Ropes  
Single Leg Glute Bridges: Scale to Regular Glute Bridges



## THE WORKOUT

### WARM UP WORK

2x25 High Knees  
2x25 Butt Kickers  
2x25 Jumping Jacks

### CALLY TALLY: 5 ROUND CIRCUIT

20 Box Jumps  
25 Goblet Squats [30/15]  
20 Jumping Lunges  
25 Second Wall Sit  
20 Double Unders  
25 Standing Calf Raises  
20 Single Leg Glute Bridges

*Break for 1-2 Minutes between rounds only if needed.*

**REQUIRED CALORIE BURN: 100-150 CALORIES**

# DAY 15:

**LONG DISTANCE  
BIG CALORIE  
CARDIO BURN**



## SCALING GUIDE:

Scale to the specific variation of calorie burn that you would like to utilize to complete your Big Cardio Day.

*Make it enjoyable. Get active.*



## THE WORKOUT

### BIG CARDIO BURN DAY

**REQUIRED CALORIE BURN:** 300 Calories

### VARIABLE TRAINING METHODS

You are required to burn 300 calories today (or more); but how you do it is up to you. You can go on a hike, play tennis, go for a run, or burn 300 calories varied across multiple machines like Bike -> Treadmill -> Rower -> StairMaster -> Elliptical -> Etc.

Another great way to burn these calories would be to take a SPIN Class or even Pilates or Yoga!

And, finally, you also have your 5 Round Jump Rope Workout(s) which are on page 14 and 15.

You can utilize ANY of the 5 different variations that I share with you.

*Be sure to switch it up every BCD if you use the Jump Rope Workouts!*

**DAY 16**



**REST DAY**

“But in the end it’s only a passing thing, this shadow; even darkness must pass.”

– **Sam Gamgee**

# DAY 17:

**GET WARM  
CHIP AWAY  
SHORT CARDIO**



## SCALING GUIDE:

Pull Ups: Scale to Pike Push Ups or Bodyweight Rows  
Double Unders: Scale to 3X as many Jump Ropes or Jumping Jacks  
Push Ups: Scale to Knee Push Ups or Pause Push Ups



## THE WORKOUT

### CHIP AWAY: COMPLETE TWO ROUNDS

25 Pull Ups  
50 Single Arm KB Deadlift (25 each arm) [45/20]  
50 Bicycle Crunches  
50 Double Unders  
50 Push Ups  
50 Goblet Squats [45/20]  
50 Single Arm Snatches (25 each arm) [45/20]  
25 Pull Ups

### REQUIRED CALORIE BURN

100 CALORIES

**OPTIONAL ADDITION:** Work on calisthenics or specific body part progression.

# DAY 18:

**WARM UP WORK  
CALLY TALLY  
SHORT CARDIO**



## SCALING GUIDE:

Jump Ropes: Scale to Jumping Jacks  
Close Push Ups: Scale to Close Knee Push Ups  
Dips: Scale with Chair  
L-Sit Hold: Scale to Hollow Hold  
Plank to Push Ups: Scale to 60 Second Plank Hold



## THE WORKOUT

### WARM UP WORK

3x100 Jump Ropes  
3x10 Air Squats  
3x25 Mountain Climbers

### CALLY TALLY: 5 ROUND CIRCUIT

20 Close Push Ups  
30 Pistol Squats (15 each leg)  
20 Dips  
30 Second L-Sit Hold  
20 Pike Push Ups  
30 Walking Lunges (15 each leg)  
20 Plank to Push Ups  
*Break for 1-2 Minutes between rounds.*

### REQUIRED CALORIE BURN

100-150 CALORIES



# DAY 19:

WARM UP WORK  
QUICK N' DIRTY  
SHORT CARDIO



## SCALING GUIDE:

Plank to Push Ups: Scale to 60 Second Forearm Plank  
Double Unders: Scale to 3X as many Jumping Jacks or Jump Rope  
Box Jumps: Scale with Chair Step Ups or Stairs



## THE WORKOUT

### QUICK N' DIRTY: 25-20-15-10-5

*Please see Page 21 for Further Instructions on 20-15-10*

Dumbbell Thrusters [30/15]

Dumbbell Deadlifts [30/15]

Weighted Step Ups [30/15]

50 Double Unders to End Each Round

### TABATA ABS: COMPLETE 2 ROUNDS

*(20 Seconds On, 10 Seconds Off, Cycling Through Movements)*

Plank to Push Ups

Seated In & Outs

Hollow Hold

Bicycle Crunches

Russian Twists

Sit Ups

**REQUIRED CALORIE BURN: 100-150 CALORIES**

# DAY 20



# REST DAY

“Never forget what you are. The rest of the world will not. Wear it like armor, and it can never be used to hurt you.”

– **Tyrion Lannister**

# DAY 21:

**WARM UP WORK  
QUICK N' DIRTY  
SHORT CARDIO**



## SCALING GUIDE:

Plank to Push Ups: Scale to 60 Second Forearm Plank  
Double Unders: Scale to 3X as many Jumping Jacks or Jump Rope  
Box Jumps: Scale with Chair Step Ups or Stairs



## THE WORKOUT

### WARM UP WORK

3x20 Mountain Climbers  
3x20 V-Ups  
3x30 Second Hollow Hold  
3x10 Plank to Push Ups

### QUICK N' DIRTY: 20-15-10-5

*Please see Page 21 for Further Instructions on 20-15-10*

40 Double Unders  
Dumbbell Clean and Press [40/20]  
40 Double Unders  
Renegade Rows [40/20]  
40 Double Unders  
Box Jumps

**REQUIRED CALORIE BURN: 100 CALORIES**

# DAY 22:

**WARM UP WORK  
CALLY TALLY  
SHORT CARDIO**



## SCALING GUIDE:

Jump Ropes: Scale to Jumping Jacks  
Double Unders: Scale to 3X as many Jumping Jacks or Jump Ropes  
Push Ups: Scale to Knee Push Ups or Pause Push Ups  
Pull Ups: Scale to Pike Push Ups or Bodyweight Rows



## THE WORKOUT

### WARM UP WORK

2x50 Jump Ropes  
2x25 Mountain Climbers  
3x10 Static Arm Curls (DB each arm)  
3x10 Bent Over DB Rows  
3x10 Tricep Extensions w/ Single DB

### CALLY TALLY: COMPLETE 5 ROUNDS

30 Double Unders  
10 Single Arm Dumbbell Snatches [50/30]  
20 Push Ups  
10 Pull Ups  
20 Seated In & Outs

### REQUIRED CALORIE BURN

100-150 CALORIES

# DAY 23: LONG DISTANCE BIG CALORIE CARDIO BURN



## SCALING GUIDE:

Scale to the specific variation of calorie burn that you would like to utilize to complete your Big Cardio Day.

*Make it enjoyable. Get active.*



## THE WORKOUT

### BIG CARDIO BURN DAY

**REQUIRED CALORIE BURN:** 300 Calories

### VARIABLE TRAINING METHODS

You are required to burn 300 calories today (or more); but how you do it is up to you. You can go on a hike, play tennis, go for a run, or burn 300 calories varied across multiple machines like Bike -> Treadmill -> Rower -> StairMaster -> Elliptical -> Etc.

Another great way to burn these calories would be to take a SPIN Class or even Pilates or Yoga!

And, finally, you also have your 5 Round Jump Rope Workout(s) which are on page 14 and 15.

You can utilize ANY of the 5 different variations that I share with you.

*Be sure to switch it up every BCD if you use the Jump Rope Workouts!*

**WEEK 4**

**MONTH 2**

**DAY 24**



**REST DAY**

“Don’t underestimate me! I  
don’t quit and I don’t run!”

– **Naruto Uzamaki**

# DAY 25:

**GET WARM  
CHIP AWAY**



## SCALING GUIDE:

Sit Ups: Scale to Crunches

Push Ups: Scale to Knee Push Ups or Pause Push Ups

Jump Squats: Scale to Air Squats

Double Unders: Scale to 3X as many Jump Ropes or Jumping  
Jacks

Pistol Squats: Scale to Box Jumps



## THE WORKOUT

### CHIP AWAY

#### COMPLETE 1 ROUND

100 Calories Burned (Run, Row, Bike)

90 Sit Ups

80 Push Ups

70 Kettlebell Swings [45/20]

60 Jump Squats

50 Dips

40 Overhead DB Press [30/15]

30 Double Unders

20 Burpees

10 Pistol Squats each leg

5 Inch Worms

50 Calories Burned (Run, Row, Bike)

**OPTIONAL ADDITION:** Work on calisthenics or specific body part progression.

# DAY 26:

**WARM UP WORK  
CALLY TALLY  
SHORT CARDIO**



## SCALING GUIDE:

Wall Climbs: Scale to Inch Worms  
Double Unders: Scale to 3X as many Jumping Jacks or Jump Ropes  
L-Sit: Scale to Hollow Hold



## THE WORKOUT

### WARM UP WORK

2x5 Wall Climbs  
2x10 Double Unders

### CALLY TALLY: 5 ROUND CIRCUIT

30 Decline Glute Bridges  
25 Second L-Sit  
20 Plank to Push Ups  
15 Weighted Jump Squats  
10 Incline Pike Push Ups  
5 Calisthenic Skull Crushers  
*Rest 1-2 Minutes Only If Needed*

### REQUIRED CALORIE BURN

100 CALORIES



# DAY 27:

**GET WARM  
QUICK N' DIRTY  
OPTIONAL: WORK**



## SCALING GUIDE:



Jump Rope: Scale to Jumping Jacks  
Explosive Push Ups: Scale to Knee Push Ups w/ Explosiveness,  
Regular Push Ups, Knee Push Ups, or Pause Push Ups

## THE WORKOUT

### QUICK N' DIRTY: 20 MINUTE WORKOUT

<p><b>ROUND ONE:</b> 1 Minute Jump Rope 30 Second Mountain Climbers 1 Minute Jump Rope 30 Second Mountain Climbers 1 Minute Jump Rope 30 Second Mountain Climbers 30 Second Rest</p>	<p><b>ROUND TWO:</b> 1 Minute Jump Rope 30 Seconds of Lunges 1 Minute Jump Rope 30 Seconds of Lunges 1 Minute Jump Rope 30 Seconds of Lunges 30 Second Rest</p>
<p><b>ROUND THREE:</b> 1 Minute Jump Rope 30 Second Hollow Hold 1 Minute Jump Rope 30 Second Hollow Hold 1 Minute Jump Rope 30 Second Hollow Hold 30 Second Rest</p>	<p><b>ROUND FOUR:</b> 1 Minute Jump Rope 30 Second Explosive Push Ups 1 Minute Jump Rope 30 Second Explosive Push Ups 1 Minute Jump Rope 30 Second Explosive Push Ups 30 Second Rest</p>

**OPTIONAL ADDITION:** Work on calisthenics or specific body part progression.

**DAY 28**



**REST DAY**

“Time will not slow down when something unpleasant lies ahead.”

– **Harry Potter**



# SHJ LEGACY PROGRAM



## 4 WEEK TRAINING PREVIEW #3

**QUICK  
N'  
DIRTY**

LEVEL  
UP

**CALLY  
TALLY**

LEVEL  
UP

**BIG  
CARDIO  
BURN**

LEVEL  
UP

**REST  
DAY**

REST &  
REPAIR

**CHIP  
AWAY**

LEVEL  
UP

**CALLY  
TALLY**

LEVEL  
UP

**QUICK  
N'  
DIRTY**

LEVEL  
UP

**REST  
DAY**

REST &  
REPAIR

**QUICK  
N'  
DIRTY**

LEVEL  
UP

**CALLY  
TALLY**

LEVEL  
UP

**BIG  
CARDIO  
BURN**

LEVEL  
UP

**REST  
DAY**

REST &  
REPAIR

**CHIP  
AWAY**

LEVEL  
UP

**CALLY  
TALLY**

LEVEL  
UP

**QUICK  
N'  
DIRTY**

LEVEL  
UP

**REST  
DAY**

REST &  
REPAIR

**QUICK  
N'  
DIRTY**

LEVEL  
UP

**CALLY  
TALLY**

LEVEL  
UP

**BIG  
CARDIO  
BURN**

LEVEL  
UP

**REST  
DAY**

REST &  
REPAIR

**CHIP  
AWAY**

LEVEL  
UP

**CALLY  
TALLY**

LEVEL  
UP

**QUICK  
N'  
DIRTY**

LEVEL  
UP

**REST  
DAY**

REST &  
REPAIR

**QUICK  
N'  
DIRTY**

LEVEL  
UP

**CALLY  
TALLY**

LEVEL  
UP

**BIG  
CARDIO  
BURN**

LEVEL  
UP

**REST  
DAY**

REST &  
REPAIR

# DAY 1:

**WARM UP WORK  
QUICK N' DIRTY  
SMALL CARDIO**



## SCALING GUIDE:

Weighted Movements: Scale to Less Weight or to Water Jug(s)  
Burpees: Scale to SLOW Burpees or Up-Downs  
Box Jumps: Scale to Step Ups or use Stairs/Chair/Box



## THE WORKOUT

### WARM UP WORK

3x10 Kettlebell Swings [45/20]  
3x25 Sit Ups  
3x20 Jumping Jacks  
3x30 Second Forearm Planks

### QUICK N' DIRTY: COMPLETE 6 ROUNDS

6 DB Clean and Press [30/15]  
6 Burpees  
60 Double Unders  
6 DB Thrusters [30/15]  
6 Box Jumps  
*Rest 1 Minute Only If Needed*

### REQUIRED CALORIE BURN

100-150 CALORIES

# DAY 2:

**GET WARM  
CALLY TALLY  
SHORT CARDIO**



## SCALING GUIDE:

L-Sit: Scale to Hollow Hold  
Plank to Push Ups: Scale to 60 Second Forearm Plank  
Weighted Jump Squat: Scale to Jump Squats  
Skull Crushers: Scale to DB Skull Crushers or Close Grip Push Ups



## THE WORKOUT

### CALLY TALLY: 5 ROUND CIRCUIT

30 Decline Glute Bridges  
25 Second L-Sit  
20 Plank to Push Ups  
15 Weighted Jump Squats  
10 Incline Pike Push Ups  
5 Calisthenic Skull Crushers  
*Rest 1-2 Minutes Only If Needed*

### CORE FINISHER: 3 ROUND TRI-SET

30 Lying Leg Raises with Hip Thrust  
30 Sit Ups  
30 Flutter Kicks  
60 Second Plank Hold

### REQUIRED CALORIE BURN

100-150 CALORIES

# DAY 3:

**LONG DISTANCE  
BIG CALORIE  
CARDIO BURN**



## SCALING GUIDE:

Scale to the specific variation of calorie burn that you would like to utilize to complete your Big Cardio Day.

*Make it enjoyable. Get active.*



## THE WORKOUT

### BIG CARDIO BURN DAY

**REQUIRED CALORIE BURN:** 300 Calories

### VARIABLE TRAINING METHODS

You are required to burn 300 calories today (or more); but how you do it is up to you. You can go on a hike, play tennis, go for a run, or burn 300 calories varied across multiple machines like Bike -> Treadmill -> Rower -> StairMaster -> Elliptical -> Etc.

Another great way to burn these calories would be to take a SPIN Class or even Pilates or Yoga!

And, finally, you also have your 5 Round Jump Rope Workout(s) which are on page 14 and 15.

You can utilize ANY of the 5 different variations that I share with you.

*Be sure to switch it up every BCD if you use the Jump Rope Workouts!*



# DAY 4



## REST DAY

“I have to work harder than anyone else to make it! I’ll never catch up otherwise... I want to be a hero... Like you! The strongest hero.”

– **Izuku Midoriya**

# DAY 5:

**GET WARM  
CHIP AWAY**



## SCALING GUIDE:

Double Unders: Scale to 3X as many Jump Ropes or Jumping Jacks

Push Ups: Scale to Knee Push Ups or Pause Push Ups

Goblet Squats: Scale to Air Squats

Sit Ups: Scale to Crunches

Running: Scale to 400M



## THE WORKOUT

### CHIP AWAY

#### COMPLETE 2 ROUNDS

800M Run

40 Double Unders

30 Dumbbell Snatches (Total) [30/15]

20 Push Ups

10 Goblet Squats [30/15]

20 Sit Ups

30 Dumbbell Thrusters [30/15]

40 Toe Taps (onto KB, Stair, etc.)

800M Run

*Rest 1-2 Minutes As Needed*

**OPTIONAL ADDITION:** Work on calisthenics or specific body part progression.



# DAY 6:

**GET WARM  
CALLY TALLY  
MEDIUM CARDIO**



## SCALING GUIDE:

Push Ups: Scale to Knee Push Ups or Pause Push Ups

Sit Ups: Scale to Crunches

Dips: Scale to Chair Dips

Hanging Leg Raises: Scale to Lying Leg Raises

Pull Ups: Scale to Pike Push Ups or Bodyweight Rows



## THE WORKOUT

### CALLY TALLY: COMPLETE ALL REPS

*Complete All Reps However You'd Like*

*\*\*Complete as a Circuit, in Supersets, or even just regular Sets/Reps\*\**

Push Ups: 150

Air Squats: 150

Sit Ups: 100

Dips: 100

Lunges: 100 [Total]

Hanging Leg Raises: 75

Pull Ups (or Chin Ups): 75

### REQUIRED CALORIE BURN

150-200 CALORIES

# DAY 7:

**WARM UP WORK  
QUICK N' DIRTY  
SHORT CARDIO**



## SCALING GUIDE:

KB Swings: Scale with Gallon Water Jug or Light Weight  
Handstand Push Ups: Scale with Wall Climbs or Pulls Ups (Scaled)  
Double Unders: Scale to 3X as many Jumping Jacks or Jump Ropes



## THE WORKOUT

### WARM UP WORK

2x10 KB Swing [45/20]  
2x10 Superman Raises  
2x10 KB Goblet Squats [45/20]

### TWO MINI-CIRCUITS: *OPTIONAL REST BETWEEN CIRCUITS*

#### CIRCUIT ONE

*Complete 5 Rounds*

10 Pull Ups  
10 Double Unders  
10 Push Ups

#### CIRCUIT TWO

*Complete 5 Rounds*

10 Curl to Press (20/8)  
20 Second Hollow Hold  
10 Shoulder Taps

### REQUIRED CALORIE BURN

100 CALORIES



# DAY 8



## REST DAY

“Life is locomotion. If you’re not moving, you’re not living. But there comes a time when you’ve got to stop running away from things... and you’ve got to start running towards something, you’ve got to forge ahead. Keep moving. Even if your path isn’t lit... Trust that you’ll find your way.”

– **The Flash (Barry Allen)**

# DAY 9:

**GET WARM**  
**QUICK N' DIRTY**  
**OPTIONAL: WORK**



## SCALING GUIDE:



Jump Rope: Scale to Jumping Jacks  
Seated In & Outs: Scale to V-Ups  
Plank to Push Ups: Scale to 60 Second Forearm Planks

## THE WORKOUT

### QUICK N' DIRTY: 20 MINUTE WORKOUT

<p><b>ROUND ONE:</b> 1 Minute Jump Rope 30 Seconds of Seated In &amp; Outs 1 Minute Jump Rope 30 Seconds of Seated In &amp; Outs 1 Minute Jump Rope 30 Seconds of Seated In &amp; Outs 30 Second Rest</p>	<p><b>ROUND TWO:</b> 1 Minute Jump Rope 30 Seconds of Glute Bridges 1 Minute Jump Rope 30 Seconds of Glute Bridges 1 Minute Jump Rope 30 Seconds of Glute Bridges 30 Second Rest</p>
<p><b>ROUND THREE:</b> 1 Minute Jump Rope 30 Seconds of Pike Push Ups 1 Minute Jump Rope 30 Seconds of Pike Push Ups 1 Minute Jump Rope 30 Seconds of Pike Push Ups 30 Second Rest</p>	<p><b>ROUND FOUR:</b> 1 Minute Jump Rope 30 Second Plank to Push Ups 1 Minute Jump Rope 30 Second Plank to Push Ups 1 Minute Jump Rope 30 Second Plank to Push Ups 30 Second Rest</p>

**OPTIONAL ADDITION:** Work on calisthenics or specific body part progression.

# DAY 10:

**GET WARM  
CALLY TALLY  
MEDIUM CARDIO**



## SCALING GUIDE:

Jump Rope: Scale to Jumping Jacks  
Push Ups: Scale to Knee Push Ups or Pause Push Ups  
Pull Ups: Scale to Pike Push Ups or Bodyweight Rows



## THE WORKOUT

### CALLY TALLY: COMPLETE 5 ROUNDS

2 Minutes of Jump Rope  
20 Jump Squats  
20 Sit Ups  
20 Push Ups  
20 Seated In & Outs  
20 Pull Ups  
20 Lying Leg Raises with Hip Thrust  
20 Flutter Kicks  
20 Second Rest

### REQUIRED CALORIE BURN

150-200 CALORIES

# DAY 11:

**LONG DISTANCE  
BIG CALORIE  
CARDIO BURN**



## SCALING GUIDE:

Scale to the specific variation of calorie burn that you would like to utilize to complete your Big Cardio Day.

*Make it enjoyable. Get active.*



## THE WORKOUT

### BIG CARDIO BURN DAY

**REQUIRED CALORIE BURN:** 300 Calories

### VARIABLE TRAINING METHODS

You are required to burn 300 calories today (or more); but how you do it is up to you. You can go on a hike, play tennis, go for a run, or burn 300 calories varied across multiple machines like Bike -> Treadmill -> Rower -> StairMaster -> Elliptical -> Etc.

Another great way to burn these calories would be to take a SPIN Class or even Pilates or Yoga!

And, finally, you also have your 5 Round Jump Rope Workout(s) which are on page 14 and 15.

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# DAY 12



# REST DAY

“Working hard is important but there is something that matters even more; believing in yourself.”

– **Harry Potter**

# DAY 13:

**GET WARM  
CHIP AWAY  
SHORT CARDIO**



## SCALING GUIDE:

Pull Ups: Scale to Pike Push Ups or Bodyweight Rows  
Double Unders: Scale to 3X as many Jump Ropes or Jumping Jacks  
Push Ups: Scale to Knee Push Ups or Pause Push Ups



## THE WORKOUT

### CHIP AWAY: COMPLETE TWO ROUNDS

25 Pull Ups  
50 Kettlebell Swings [45/20]  
50 Lying Leg Raises w/ Hip Thrust  
50 Double Unders  
50 Push Ups  
50 Sumo Squats [45/20]  
50 Dumbbell Curl to Press [30/15]  
25 Pull Ups

### REQUIRED CALORIE BURN

100 CALORIES

**OPTIONAL ADDITION:** Work on calisthenics or specific body part progression.



# DAY 14:

**GET WARM  
CALLY TALLY  
SHORT CARDIO**



## SCALING GUIDE:

L-Sit: Scale to Hollow Hold  
Plank to Push Ups: Scale to 60 Second Forearm Plank  
Weighted Jump Squat: Scale to Jump Squats  
Skull Crushers: Scale to DB Skull Crushers or Close Grip Push Ups



## THE WORKOUT

### CALLY TALLY: 5 ROUND CIRCUIT

50 Jump Ropes  
50 Jump Squats  
25 Push Ups  
50 Jump Ropes  
50 Mountain Climbers  
15 Dips  
50 Jump Ropes  
50 Jumping Lunges  
5 Pull Ups

### CORE FINISHER: 3 ROUND TRI-SET

30 Hanging Leg Raises  
30 V-Ups  
30 Russian Twists  
60 Second Plank Hold

**REQUIRED CALORIE BURN: 100 CALORIES**

# DAY 15:

**WARM UP WORK  
QUICK N' DIRTY  
MEDIUM CARDIO**



## SCALING GUIDE:



Kettlebell Work: Scale to Lighter Weight or Water Jug(s)  
Burpees Over Kettlebell: Scale to Regular Burpees or SLOW Burpees

## THE WORKOUT

### WARM UP WORK (KB WORK: [45/20])

3x10 Single Arm KB Deadlifts (each arm)  
3x10 KB Upright Rows  
3x10 KB Single Arm Bent Over Rows (each arm)  
3x10 Straight Leg Deadlift

### QUICK N' DIRTY: 15 MINUTE AMRAP

20 Kettlebell Swings [45/20]  
10 Kettlebell Goblet Squats [45/20]  
5 Burpees Over Kettlebell  
50 Kettlebell Toe Taps

### REQUIRED CALORIE BURN

150-200 CALORIES

# DAY 16



## REST DAY

“No matter how much you bleed and even if your tears run dry, you stick to it.”

– **Meliodas**

# DAY 17:

**GET WARM  
QUICK N' DIRTY  
MEDIUM CARDIO**



## SCALING GUIDE:

Jump Rope: Scale to Jumping Jacks  
Pull Ups: Scale to Pike Push Ups or Bodyweight Rows  
Push Ups: Scale to Knee Push Ups or Pause Push Ups



## THE WORKOUT

### QUICK N' DIRTY: 16 MINUTE EMOM

RINSE AND REPEAT THIS CYCLE FOUR TIMES TO COMPLETE 16 MINUTES

*MINUTE ONE:*

Jump Rope

*MINUTE TWO:*

10 Dumbbell Clean and Jerks [30/15]

*MINUTE THREE:*

15 Pull Ups

*MINUTE FOUR:*

20 Push Ups

### REQUIRED CALORIE BURN

150-200 CALORIES

**OPTIONAL ADDITION:** Work on calisthenics or specific body part progression.

# DAY 18:

**WARM UP WORK  
CALLY TALLY  
SHORT CARDIO**



## SCALING GUIDE:

L-Sit: Scale to Progression or Hollow Holds  
Jump Ropes: Jumping Jacks  
Lying Leg Raises: Bend Legs to Scale  
Wide To Close Push Ups: Scale to Pause Push Ups or Regular



## THE WORKOUT

### WARM UP WORK

3x30 Second L-Sit Hold  
3x5 Inch Worms  
3x10 Pike Push Ups

### CALLY TALLY: 4 ROUND CIRCUIT

50 Jump Ropes  
40 Second Plank  
30 KB Toe Taps/Touches  
20 Lying Leg Raises with Hip Thrust  
20 Wide To Close Push Ups  
10 Goblet Pause Squats  
10 Dips  
5 Pull Ups  
5 Burpees

**REQUIRED CALORIE BURN: 100-150 CALORIES**

# DAY 19:

**LONG DISTANCE  
BIG CALORIE  
CARDIO BURN**



## SCALING GUIDE:

Scale to the specific variation of calorie burn that you would like to utilize to complete your Big Cardio Day.

*Make it enjoyable. Get active.*



## THE WORKOUT

### BIG CARDIO BURN DAY

**REQUIRED CALORIE BURN:** 300 Calories

### VARIABLE TRAINING METHODS

You are required to burn 300 calories today (or more); but how you do it is up to you. You can go on a hike, play tennis, go for a run, or burn 300 calories varied across multiple machines like Bike -> Treadmill -> Rower -> StairMaster -> Elliptical -> Etc.

Another great way to burn these calories would be to take a SPIN Class or even Pilates or Yoga!

And, finally, you also have your 5 Round Jump Rope Workout(s) which are on page 14 and 15.

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**WEEK 3**

**MONTH 3**

**DAY 20**



**REST DAY**

“That’s all it takes to lick any problem - confidence in yourself and others.”

– **Captain America**

# DAY 21:

**GET WARM  
CHIP AWAY**



## SCALING GUIDE:

Push Ups: Knee Ups and Pause Push Ups  
Pull Ups: Pike Push Ups or Bodyweight Rows  
Run: Scale to Half a Mile

Extra Scaling: Scale the run to make it lower and then scale the rep counts as well if needed.



## THE WORKOUT

### FINAL CHIP AWAY OF MONTH THREE MURPH CHALLENGE

*Complete 1 Round Wearing a 20 LB Weighted Vest*

1 Mile Run

100 Pull Ups

200 Push Ups

300 Squats

1 Mile Run

*GOOD LUCK! KEEP TRACK OF YOUR SCORE! (TIME)*



# DAY 22:

GET WARM  
CALLY TALLY



## SCALING GUIDE:

Push Up Variations: Scale to Variations on Knees  
Jump Rope: Scale to Jumping Jacks



## THE WORKOUT

### CALLY TALLY: 6 ROUND CIRCUIT

Run 400 Meters  
30 Skater Lunges  
20 Push Ups  
30 Glute Bridges  
20 Jumping Jacks (10 each leg)  
20 Air Squats  
30 Second Plank  
10 Dips  
20 Lunges (10 each leg)  
10 Pike Push Ups  
20 Step Ups (10 each leg)

**OPTIONAL ADDITION:** Work on calisthenics or specific body part progression.

# DAY 23:

**GET WARM  
QUICK N' DIRTY  
SHORT CARDIO**



## SCALING GUIDE:

Double Unders: Scale to 3X as many Jump Ropes or Jumping Jacks  
Dumbbell Movements: Scale to Light Weight or Water Jug(s)  
V-Ups: Scale to Crunches



## THE WORKOUT

### QUICK N' DIRTY: 4 ROUND CIRCUIT

40 Double Unders  
18 Alternating Dumbbell Snatches  
40 Double Unders  
12 Dumbbell Push Presses  
40 Double Unders  
6 Dumbbell Renegade Rows

### TABATA ABS: COMPLETE 3 ROUNDS

*(20 Seconds On, 10 Seconds Off, Cycling Through Movements)*

V-Ups  
Hollow Hold  
Toe Touches

### REQUIRED CALORIE BURN

100 CALORIES

**WEEK 4**

**MONTH 3**

**DAY 24**



**REST DAY**

“There is a difference between knowing the path and walking the path.”

– **Morpheus**

# DAY 25:

WARM UP WORK  
QUICK N' DIRTY  
SHORT CARDIO



## SCALING GUIDE:

Plank to Push Ups: Scale to 60 Second Forearm Plank Hold  
Box Jumps: Scale with Chair, Box or Stairs  
Burpee Pull Ups: Scale to Burpee Pike Push Ups



## THE WORKOUT

### WARM UP WORK

3x25 Mountain Climbers  
3x10 Plank to Push Ups  
3x10 Sumo Deadlift High Pulls  
3x20 Sit Ups

### QUICK N' DIRTY: COMPLETE 8 ROUNDS

100 Jump Ropes  
8 Push Ups  
8 Kettlebell Swings [45/20]  
8 Burpees Over Kettlebell  
8 KB Goblet Squats [45/20]  
8 Dips

### REQUIRED CALORIE BURN

100 CALORIES

# DAY 26:

**GET WARM  
CALLY TALLY  
MEDIUM CARDIO**



## SCALING GUIDE:

Push Up Variations: Scale to Variations on Knees  
Jump Rope: Scale to Jumping Jacks  
Double Unders: Scale to 3X as many Jump Ropes or Jumping Jacks



## THE WORKOUT

### CALLY TALLY: 6 ROUND CIRCUIT

6 Regular Push Ups  
20 Double Unders  
6 Wide Push Ups  
30 Second Superman Hold  
6 Decline Push Ups  
30 Second Rest  
6 Explosive Push Ups  
30 Seconds Reverse Superman Hold  
6 Close Push Ups (or Diamond)  
20 Double Unders  
6 Incline Push Ups  
*1 Minute Rest*

### REQUIRED CALORIE BURN

200 CALORIES

# DAY 27:

**LONG DISTANCE  
BIG CALORIE  
CARDIO BURN**



## SCALING GUIDE:

Scale to the specific variation of calorie burn that you would like to utilize to complete your Big Cardio Day.

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## THE WORKOUT

### BIG CARDIO BURN DAY

**REQUIRED CALORIE BURN:** 300 Calories

### VARIABLE TRAINING METHODS

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**WEEK 4**

**MONTH 3**

**DAY 28**



**REST DAY**

“Life is never completely  
without its challenges.”

– Stan Lee