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The information provided in this book is for educational purposes only. I am not a doctor and this is not meant to be taken as medical advice.

The information provided in this book is based upon my experiences as well as my interpretations of the current research available.

The advice and tips given in this course are meant for healthy adults only. You should consult your physician to insure 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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The Henry Cavill
Man of Steel Workout Routine:

Superman Routine Guidelines
“Two-a-Days” 4 days per week (training twice a day)
8-10 hours of sleep for recovering and at least 1-2 days off days with no training
If you’re increasing intensity you can also increase carb intake slightly for fuel
Have fun, we’re not trying to kill ourselves…We’re just trying to train and feel like Superheroes.

The Morning Routine

Warm-up
Stretch
800 meter jog (Half a mile)
3×10 Pull-ups
3×20 Push-ups
3×10 Air-Squats
3×5 Burpees

Our morning routine is then going to consist of the Spartan 300 WOD. We will be doing different formats of it each morning for 4 days.

Here’s what the 300 WOD Formats will look like:

Deadlift Day:

Pull-Ups: 25 reps
Deadlift: 50 reps at 135
Push-Ups: 50 reps
Box Jumps: 50 reps (ideally done on a 24” box)
Floor Wipers: 50 reps holding a 135 lb bar
Clean and Press (using a kettlebell or dumbbells): 50 reps, 25 per arm ideally with 36 lbs
Pull-Ups: 25 reps

**Bench Press Day**

Kettle-bell Swings: 25 reps  
Bench Press: 50 reps at 135  
Push-Ups: 50 reps  
Box Jumps: 50 reps (ideally done on a 24” box)  
Floor Wipers: 50 reps holding a 135 lb bar  
Weighted Lunges: 50 reps  
Kettlebell Swings: 25 reps

**Squat Day**

Ball Slams: 25 reps (10-15 lb ball)  
Squat: 50 reps at 135  
Push-Ups: 50 reps  
Box Jumps: 50 reps (ideally done on a 24” box)  
Floor Wipers: 50 reps holding a 135 lb bar  
One-Arm Snatch (using dumbbell): 50 reps, 25 per arm ideally with 25 lbs  
Ball Slams: 25 reps

**Press Day**

Bar or Ring Rows: 25 reps  
Overhead Presses: 50 reps at 115  
Push-Ups: 50 reps  
Box Jumps: 50 reps (ideally done on a 24” box)  
Floor Wipers: 50 reps holding a 135 lb bar  
Light Front Squats: 50 reps at 45-65 lbs.  
Bar or Ring Rows: 25 reps

**The Afternoon Routine**

I bet you were getting sick of all those reps, especially after I already had you winded with the warm-up! Well now it’s time to start lifting heavy so get ready people!
Warm Up

Stretch
Foam Roller

Our Afternoon Routine will then consist of heavy lifting on specific days. I suggest trying to get a rest day in the middle of the week as well as the weekend to achieve full recovery.

The core workout can be performed before or after the 2 beginning workouts. I prefer after.

Deadlift Day

3×10 Dumbbell Rows
3×10 Wide Grip Pull-ups (Can be weighted)

Deadlift
Warm Up with 10 reps at 50%
5 reps at 65%
5 reps at 75%
5 reps at 85%
3 reps at 95%
1 rep at 110%

Bench Press Day

3×10 Incline Press
3×10 Push-Ups (Can be weighted)

Chest Press
Warm Up with 10 reps at 50%
5 reps at 65%
5 reps at 75%
5 reps at 85%
3 reps at 95%
1 rep at 110%
**Squat Day**

3×10 Front Squats  
3×10 Lunges

**Back Squat**  
Warm Up with 10 reps at 50%  
5 reps at 65%  
5 reps at 75%  
5 reps at 85%  
3 reps at 95%  
1 rep at 110%

**Press Day**

3×10 Pull-Ups (Can be weighted)  
3×10 Power Cleans

**Military Press**  
Warm Up with 10 reps at 50%  
5 reps at 65%  
5 reps at 75%  
5 reps at 85%  
3 reps at 95%  
1 rep at 110%

Beware of this intensity!!!