

BEN AFFLECK BATMAN WORKOUT ROUTINE



BONUS PDF FILE

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 **SUPERHERO**  **JACKED** 

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Ben Affleck Batman Workout Routine

This workout is going to be based around 5 days.

You will be responsible for adding in 3 days of the ab circuit if you please.

You also have the option to add 2-3 days of slow steady walking for 10-20 minutes.

Day One: Chest

Superset instructions: Start at whatever weight you would normally start your set but after your 10 reps drop down 10 pounds and continue. Do this a total of 5 times which should bring you relatively low in weight.

Cable Chest Flyes

3x10

Decline Cable Chest Flyes

3x10

Incline Dumbbell Press

Set One: Superset

Then: 3x10

Dumbbell Chest Press

Set One: Superset

Then: 3x10

Barbell Chest Press

5x10

Day Two: Legs

Calf Press

3x10

Hamstring Curls

3x10

Weighted Lunges

3x20

Leg Press

5x10

Back Squats

5x10

Day Three: Arms

Skull Crushers

3x10

Hammer Curls

3x10

Bicep Curls

3x10

Cable Tricep Pushdowns

3x10

Overhead Tricep Extension

5x10

Preacher Curls

5x10

Day Four: Shoulders and Traps

Dumbbell Shrugs

Set One: Superset (refer to Chest)

Then: 3x10

Dumbbell Shoulder Raises

3x10

Dumbbell Shoulder Flyes

3x10

Arnold Press

3x10

Barbell Shrugs

5x10

Barbell Military Press

5x10

Day Five: Back

Dumbbell Rows

3x10

Wide Grip Pull Ups (can be weighted)

3x10

Cable Lateral Pull Downs

3x10

Cable Rows

3x10

Deadlift

5x10

Ab Circuit

3 Rounds as follows:

100 Crunches

25 V-Ups

25 Leg Lifts

25 Flutter Kicks

25 Second Reverse Superman Hold (Oh, the irony)