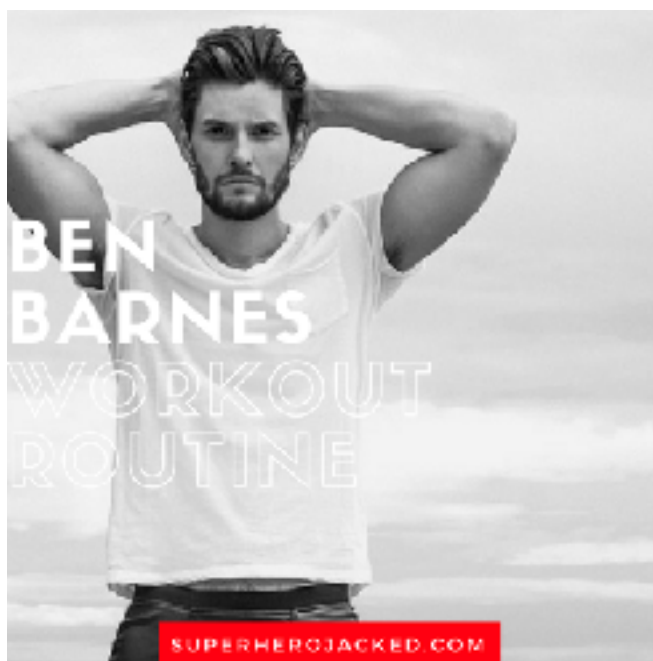


BEN BARNES

WORKOUT ROUTINE



BONUS PDF FILE

By: Mike Romaine

 **SUPERHERO**  **JACKED** 

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Ben Barnes

Workout Routine:

Training Volume:

3-5 days per week

Explanation:

Barnes likely trained a total of 5 days a week, at minimum, when training for his roles. That being said, you can choose to just use the weight training I program for you, or you can step it up a notch and utilize some MMA as well.

Day One: Chest and Triceps

Warm Up:

Stretch

Shadowbox for 3 rounds of 60 seconds

Heavy bag for 3 rounds of 60 seconds

Workout:

Barbell Bench Press

3×10

Close Grip Bench

3×10

Dips

3×Failure

Cable Pushdowns

3×10

Cable Flys

3×10

Push Ups

3×25

Day Two: MMA Training or Activity

Barnes did a ton of MMA training for his role as Punisher. If you want to move like him you're going to need to get to training.

You have a couple options here.

You can go out and take a class, you can use some other form of activity (like sports, hiking, etc), or you can even utilize MMA styled training we have in [The Academy](#).

Day Three: Legs and Shoulders

Warm Up:

Stretch

Shadowbox for 3 rounds of 60 seconds

Heavy bag for 3 rounds of 60 seconds

Workout:

Back Squat

3×10

Dumbbell Front Raises

3×10

Pull Ups

3xFailure

Leg Press

3×10

Arnold Press

3×10

Air Squats

3×25

Day Four: MMA Training or Activity

Barnes did a ton of MMA training for his role as Punisher. If you want to move like him you're going to need to get to training.

You have a couple options here.

You can go out and take a class, you can use some other form of activity (like sports, hiking, etc), or you can even utilize MMA styled training we have in [The Academy](#).

Day Five: Back and Biceps

Warm Up:

Stretch

Shadowbox for 3 rounds of 60 seconds

Heavy bag for 3 rounds of 60 seconds

Workout:

Deadlift

3×10

Bicep Curls

3×10

Wide Grip Pull Ups

3×Failure

Hammer Curls

3×10

Lateral Raises

3×10

Push Ups

3×25