

DOMINIC PURCELL

WORKOUT ROUTINE



BONUS PDF FILE

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 **SUPERHERO**  **JACKED** 

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Dominic Purcell

Workout Routine:

Training Volume:

5 days per week

Explanation:

3 days of this routine are going to revolve around a compound lift and then a circuit or high intensity styled training. The other two days will be strictly 40-60 minutes worth of high intensity/circuit styled training.

Superset Explanation:

Do both exercises one after another with no break and then rest and proceed to do that 3 times for 10 reps each exercise.

Day One: Bench Press and Intensity

Warm Up:

Stretch

3×10 Push Ups

Workout:

Bench Press

5×10,8,5,3,1

Superset:

Tricep Pushdowns

and

Close Grip Push Ups

Superset Two:

Cable or Dumbbell Chest Flys

and

Dips

Circuit:

21-15-9

Bench Press @135

Jumping Lunges

Day Two: Circuit and High Intensity

We've now seen these circuits for both Kevin Hart and Joe Manganiello, so I'm sharing them here as well.

Warm Up:

Stretch

400m jog

2×5 Pull Ups

2×10 Push Ups

2×15 Air Squats

Circuit:

Complete one of these Crossfit WODs (make sure to vary them):

“Helen”

Three rounds for time:

400m run

21 kettlebell swings at 53 pounds

12 pullups (band-supported if needed)

“Eva”

Five rounds for time:

800m run

30 kettlebell swings at 70 pounds, if you can, er, swing it

30 pullups (band-supported if needed)

“Grace”

For time:

30 clean and jerks at 135 pounds

“Fight Gone Bad”

Three rounds, one-minute per exercise, with one-minute rest between rounds:

Wall balls at 20 pounds with 10-foot target

Sumo deadlift high-pull at 75 pounds

20-inch box jumps

Push-press at 75 pounds

Rowing machine

“Fran”

21/15/9 reps for time:

Thrusters at 95 pounds

Pullups

“Newport Crippler”

For time:

30 back squats loaded with your body weight equivalent

1-mile run

“Karen”

For time:

150 wall balls at 20 pounds with 10-foot target (stopping before complete failure)

Target times:

Level 1: 8:00-10:00

Level 2: 5:00-8:00

Level 3: 4:00-5:00

Elite: < 4:00

7 Minutes of Burpees

In 7 minutes:

Do as many burpees as possible

“Murph”

For time:

1-mile run
100 pullups
200 pushups
300 air squats
1-mile run

Day Three: Deadlift and Intensity

Warm Up:

Stretch

3×10 Push Ups

Workout:

Deadlift

5×10,8,5,3,1

Superset:

Dumbbell Rows

and

Wide Grip Pullups

Superset Two:

Dumbbell Bicep Curls

and

Chin Ups

Circuit:

21-15-9

Deadlift @135-225

Box Jumps

Day Four: Circuit and High Intensity

****We've now seen these circuits for both Kevin Hart and Joe Manganiello, so I'm sharing them here as well.****

Warm Up:

Stretch

400m jog

2×5 Pull Ups

2×10 Push Ups

2×15 Air Squats

Circuit:

Complete one of the CrossFit WODs listed above for Day Two.

Day Five: Squats and Intensity

Warm Up:

Stretch

1×15 Air Squats

Workout:

Back Squat

5×10,8,5,3,1

Superset:

Goblet Squats

and

Kettlebell Swings

Superset Two:

Weighted Lunges

and

Arnold Press

Circuit:

21-15-9

Squats @135-225

Push Ups