

# 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