

CAPTAIN AMERICA WORKOUT ROUTINE



BONUS PDF FILE

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 **SUPERHERO**  **JACKED** 

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Captain America Workout Routine

Training Volume:

4-6 days per week

Explanation:

We're talking about Captain America here. This routine is pretty brutal. BUT, it's effective and will leave you sore and wanting more. There are 4 days of programmed training, and the other 1-2 days can be added as activity or mixed martial arts training. All heroes should know how to defend themselves.

What you need to know:

A Superset means you're performing those movements back to back. If a movement is part of "Superset 1" it's part of the grouping of movements in that superset and you perform them back to back and then proceed to break and do another set [of those movements] after.

HIIT stands for High Intensity Interval Training. Do one minute ON (sprint 6-10mph) and one minute OFF (walk 2.5-3.3mph) for 25 minutes. That means you go back and forth every minute for the duration. On, off, on, off, etc.

When lifting your initial lifts/compounds (especially), you should be using **pyramid training**.

Day 1: Squats and Chops

-15 min HIIT training treadmill

-Squat: 12, 10, 8, 5, 3, 1

-Kettle bell Snatches: 3X10(each side)-super set 1

-Lunges: 3Xfailure-super set 1

-Turkish Get Up: 3X10(each side)-super set 2

-Downward Chop: 3X10(each side)-super set 2

-Box Jumps: 3X20-super set 3

-Man Makers: 3X10-super set 3

-Heavy Bag: 3X1 min-super set 3

-Floor Wipers: 3X20-super set 4

-Sit Ups: 3X50-super set 4

-Flutter Kicks: 3X50-super set 4

Day 2: Bench and Walk

-25 min incline walk

-Bench Press: 12, 10, 8, 5, 3, 1

-Kettle Bell Clean: 3X10(each side)-super set 1

-Push Ups: 3Xfailure-super set 1

-Turkish Get Up: 3X10(each side)-super set 2

-Upward Chop: 3X10(each side)-super set 2

-Jump Rope: 3X1 min-super set 3

-Burpees: 3X10-super set 3

-Heavy Bag: 3X1 min-super set 3

-Floor Wipers: 3X20-super set 4

-Sit Ups: 3X50-super set 4

-Flutter Kicks: 3X50-super set 4

Day 3: Deadlifts and Chops

- 15 min HIIT training treadmill
- Deadlifts: 12, 10, 8, 5, 3, 1
- Kettle Bell Clean and Press: 3X10 (each side)-super set 1
- Pull Ups: 3Xfailure
- Turkish Get Up: 3X10(each side)-super set 2
- Downward Chop: 3X10(each side)-super set 2
- Box Jumps: 3X20-super set 3
- Man Makers: 3X10-super set 3
- Heavy Bag: 3X1 min-super set 3
- Floor Wipers: 3X20-super set 4
- Sit Ups: 3X50-super set 4
- Flutter Kicks: 3X50-super set 4

Day 4: Press and Walk

- 25 min incline walk

- Military Press: 12, 10, 8, 5, 3, 1
- Kettle Bell Clean: 3X10(each side)-super set 1
- Ball Slams: 3Xfailure-super set 1
- Turkish Get Up: 3X10(each side)-super set 2
- Upward Chop: 3X10(each side)-super set 2
- Jump Rope: 3X1 min-super set 3
- Burpees: 3X10-super set 3
- Heavy Bag: 3X1 min-super set 3
- Floor Wipers: 3X20-super set 4
- Sit Ups: 3X50-super set 4
- Flutter Kicks: 3X50-super set 4

Bonus 1-2 Days: Activity and MMA

All heroes should know how to defend themselves.

Just ask MMA Coach Derek in [The Academy](#).

Add in an extra day or two of MMA style training to take your inner Superhero unleashing to a new level.