

# THE SUPERMAN WORKOUT ROUTINE



**BONUS PDF FILE**

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 **SUPERHERO**  **JACKED** 

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# The Superman Workout Routine:

## **Training Volume:**

4-6 days per week

## **Explanation:**

We're talking about Superman 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.

## Day One: Bench Press Day

-25 min HIIT training treadmill

-Bench Press: 15, 12, 10, 8, 5, 3, 1

-Skull crushers: 3X10-super set 1

- Push Up: 3Xfailure-super set 1
- Incline Bench Press: 3X10-super set 2
- Dips: 3Xfailure-super set 2
- Kettle bell swings: 3X10-super set 3
- Rapid Alternating Step Ups: 3X20-super set 3
- Burpees: 3X10-super set 3
- 3X1 min incline sprint-super set 4
- 3X1 min jump rope- super set 4
- Floor Wipers: 3X20-super set 5
- Superman: 3X1 min-super set 5
- Reverse Superman: 3X1 min-super set 5
- Crunches: 3X50-super set 5

## Day Two: Deadlift Day

- 25 min HIIT training treadmill
- Deadlift: 15, 12, 10, 8, 5, 3, 1
- Bent Rows: 3X10-super set 1

- Pull ups: 3Xfailure-super set 1
- One Arm Dumbbell Rows: 3X10 (each)-super set 2
- Chin ups: 3Xfailure-super set 2
- Hanging Rows: 3Xfailure-super set 2
- Cleans: 3X10-super set 3
- Ball Slams: 3X20-super set 3
- Burpees: 3X10-super set 3
- 3X1 min incline sprint-super set 4
- 3X1 min jump rope- super set 4
- Floor Wipers: 3X20-super set 5
- Superman: 3X1 min-super set 5
- Reverse Superman: 3X1 min-super set 5
- Crunches: 3X50-super set 5

## Day Three: Squat Day

- 25 min HIIT training treadmill
- Squat: 15, 12, 10, 8, 5, 3, 1

- Step ups: 3X10-super set 1
- Calf Raises: 3X30-super set 1
- Front Squats: 3X10-super set 2
- Lunges: 3X30-super set 2
- Clean and Press: 3X10-super set 3
- Box Jumps: 3X10-super set 3
- Burpees: 3X10-super set 3
- 3X1 min incline sprint-super set 4
- 3X1 min jump rope- super set 4
- Floor Wipers: 3X20-super set 5
- Superman: 3X1 min-super set 5
- Reverse Superman: 3X1 min-super set 5
- Crunches: 3X50-super set 5

## Day Four: Military Press Day

- 25 min HIIT training treadmill
- Military Press: 15, 12, 10, 8, 5, 3, 1

- Shrugs: 3X10-super set 1
- Shoulder Flies: 3X10-super set 1
- Arnold Press: 3X10-super set 2
- Front Raises: 3X10-super set 2
- Snatch: 3X10-super set 3
- Jump and Reach: 3X10-super set 3
- Burpees: 3X10-super set 3
- 3X1 min incline sprint-super set 4
- 3X1 min jump rope- super set 4
- Floor Wipers: 3X20-super set 5
- Superman: 3X1 min-super set 5
- Reverse Superman: 3X1 min-super set 5
- Crunches: 3X50-super set 5

## 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.