

# THE THOR WORKOUT ROUTINE



**BONUS PDF FILE**

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 **SUPERHERO**  **JACKED** 

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# The Thor Workout Routine

## **Training Volume:**

4-6 days per week

## **Explanation:**

We're talking about Thor 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: Deadlift and Hammer

-20 min incline walk

-Deadlift: 10, 8, 5, 3, 1

-One Arm Dumbbell Rows: 3X10(each)-super set 1

-Pull ups: 3Xfailure-super set 1

-Sledgehammer slam: 3X10(each)-super set 2

-Tricep Kickbacks: 3X10(each)-super set 2

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

-Alternating Lateral Raise: 3X10(each)-super set 2

-Box jumps: 3X10-super set 3

-Burpees: 3X10-super set 3

-Heavy Bag: 3X1 min-super set 3

- Plank: 3X1 min-super set 4
- Toes to Bar: 3X10-super set 4
- Side Plank: 3X1 min(each)-super set 4
- Hanging Leg Raises: 3X10-super set 4

## Day 2: Bench and Hammer

- 20 min incline walk
- Bench Press: 10, 8, 5, 3, 1
- Push Ups: 3Xfailure-super set 1
- Dips: 3Xfailure-super set 1
- Alternating Hammer Curls: 3X10(each)-super set 2
- Downward Chop: 3X10(each)-super set 2
- Ball Slams: 3X20-super set 2
- Alternating Front Raises: 3X10(each)-super set 2
- Jump Rope: 3X1 min-super set 3

- Man Makers: 3X10-super set 3
- Heavy Bag: 3X1 min-super set 3
- Plank: 3X1 min-super set 4
- Toes to Bar: 3X10-super set 4
- Side Plank: 3X1 min(each)-super set 4
- Hanging Leg Raises: 3X10-super set 4

## Day 3: Squat and Hammer

- 20 min incline walk
- Squats: 10, 8, 5, 3, 1
- Calf Raises: 3X20-super set 1
- Lunges: 3Xfailure-super set 1
- Sledgehammer slam: 3X10(each)-super set 2
- Tricep Kickbacks: 3X10(each)-super set 2
- Upward Chop: 3X10(each)-super set 2

-Alternating Lateral Raise: 3X10(each)-super set 2

-Box jumps: 3X10-super set 3

-Burpees: 3X10-super set 3

-Heavy Bag: 3X1 min-super set 3

-Plank: 3X1 min-super set 4

-Toes to Bar: 3X10-super set 4

-Side Plank: 3X1 min(each)-super set 4

-Hanging Leg Raises: 3X10-super set 4

## Day 4: Press and Hammer

-20 min incline walk

-Military Press: 10, 8, 5, 3, 1

-Arnold Press: 3X10-super set 1

-Barbell Shrug: 3X10 with hold-super set 1

-Alternating Hammer Curls: 3X10(each)-super set 2

- Downward Chop: 3X10(each)-super set 2
- Ball Slams: 3X20-super set 2
- Alternating Front Raises: 3X10(each)-super set 2
- Jump Rope: 3X1 min-super set 3
- Man Makers: 3X10-super set 3
- Heavy Bag: 3X1 min-super set 3
- Plank: 3X1 min-super set 4
- Toes to Bar: 3X10-super set 4
- Side Plank: 3X1 min(each)-super set 4
- Hanging Leg Raises: 3X10-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.