

The Black Widow Workout Routine



Bonus PDF File
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The Black Widow Workout Routine

Training Volume:

4 days per week

Explanation:

We're talking about Black Widow 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: Jog and Squat

-Jog: 1 mile

-Knees to elbows: 3X10-circuit 1

- Pull Ups: 3X10-circuit 1
- Wall Balls: 3X10-circuit 1
- Push Ups: 3X10-circuit 1
- Burpees: 3X10-circuit 1
- Squats: 3X10-super set 1
- Dips: 3X10-super set 1
- L Sit Hold: 3X1 min-super set 1
- Heavy Bag: 3X1 min-super set 2
- Man Makers: 3X10-super set 2
- Crunches: 3X20-super set 3
- Leg Raises: 3X20-super set 3
- Plank: 3X1 min-super set 3

Day 2: Jog and Power Clean

- Jog: 1 mile
- Knees to elbows: 3X10-circuit 1
- Pull Ups: 3X10-circuit 1
- Wall Balls: 3X10-circuit 1

- Push Ups: 3X10-circuit 1
- Burpees: 3X10-circuit 1
- Power Clean: 3X10-super set 1
- 1 leg squats: 3X10(each)-super set 1
- L Sit Hold: 3X1 min-super set 1
- Shadow Box: 3X1 min-super set 2
- Man Makers: 3X10-super set 2
- Crunches: 3X20-super set 3
- Flutter Kicks: 3X20-super set 3
- Reverse Superman Hold: 3X1 min-super set 3

Day 3: Jog and Deadlift

- Jog: 1 mile
- Knees to elbows: 3X10-circuit 1
- Pull Ups: 3X10-circuit 1
- Wall Balls: 3X10-circuit 1
- Push Ups: 3X10-circuit 1
- Burpees: 3X10-circuit 1

- Deadlift: 3X10-super set 1
- Wall Climbs: 3X10-super set 1
- L Sit Hold: 3X1 min-super set 1
- Heavy Bag: 3X1 min-super set 2
- Man Makers: 3X10-super set 2
- Crunches: 3X20-super set 3
- Leg Raises: 3X20-super set 3
- Plank: 3X1 min-super set 3

Day 4: Jog and Press

- Jog: 1 mile
- Knees to elbows: 3X10-circuit 1
- Pull Ups: 3X10-circuit 1
- Wall Balls: 3X10-circuit 1
- Push Ups: 3X10-circuit 1
- Burpees: 3X10-circuit 1
- Overhead Press: 3X10-super set 1
- Box Jumps: 3X10-super set 1

-L Sit Hold: 3X1 min-super set 1

-Shadow Box: 3X1 min-super set 2

-Man Makers: 3X10-super set 2

-Crunches: 3X20-super set 3

-Flutter Kicks: 3X20-super set 3

-Reverse Superman Hold: 3X1 min-super set 3

Bonus 1-2 Days: Activity, Parkour 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.