

BLACK PANTHER WORKOUT ROUTINE



BONUS PDF FILE

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 **SUPERHERO**  **JACKED** 

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Black Panther Workout Routine

Training Volume:

3-5 days per week

Explanation:

We're talking about Black Panther here. This routine is pretty brutal. BUT, it's effective and will leave you sore and wanting more. There are 3 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: Cardio and Man Makers

- 15 min cardio (row, run, bike)
- Box Jumps: 3X20-circuit 1
- Man Makers: 3X10-circuit 1
- Jump Rope: 3X1 min-circuit 1
- Dumbbell Row: 3X10(each)-super set 1
- Chin Up: 3X10-super set 1
- Hammer Curls: 3X10-super set 2
- Pull Up: 3X10-super set 2
- Wall Climbs: 3X10-circuit 2
- Toes to Bar: 3X10-circuit 2
- V-Ups: 3X20-circuit 2
- Wall Plank Hold: 3X1 min-circuit 3

-Inchworms: 3X10-circuit 3

-Reverse Superman Hold: 3X1 min-circuit 3

Day 2: Cardio and Bench Press

-15 min cardio (row, run, bike)

-Box Jumps: 3X20-circuit 1

-Thrusters: 3X10-circuit 1

-Jump Rope: 3X1 min-circuit 1

-Dumbbell Bench Press: 3X10-super set 1

-Push ups: 3X20-super set 1

-Dumbbell Fly: 3X10-super set 2

-Dips: 3X20-super set 2

-Dumbbell kickback: 3X10(each)-super set 3

-Diamond Push Ups: 3X10-super set 3

-Wall Climbs: 3X10-circuit 2

-Toes to Bar: 3X10-circuit 2

-V-Ups: 3X20-circuit 2

-Wall Plank Hold: 3X1 min-circuit 3

-Inchworms: 3X10-circuit 3

-Reverse Superman Hold: 3X1 min-circuit 3

Day 3: Cardio and Deadlift

-15 min cardio (row, run, bike)

-Box Jumps: 3X20-circuit 1

-Clea and Press: 3X10-circuit 1

-Jump Rope: 3X1 min-circuit 1

-Deadlift: 3X10-super set 1

-Pistol Squats: 3X10(each)-super set 1

-Squats: 3X10-super set 2

-Lunges: 3X10(each)-super set 2

-Wall Climbs: 3X10-circuit 2

-Toes to Bar: 3X10-circuit 2

-V-Ups: 3X20-circuit 2

-Wall Plank Hold: 3X1 min-circuit 3

-Inchworms: 3X10-circuit 3

-Reverse Superman Hold: 3X1 min-circuit 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.