

CAPTAIN MARVEL WORKOUT ROUTINE



BONUS PDF FILE

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The Captain Marvel Workout Routine:

Training Volume:

4-6 days per week

Explanation:

We're talking about Captain Marvel 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: Deadlifts and Cardio

-15 min cardio (bike, row, run, elliptical)

- Push Ups: 3X10-circuit 1
- Pull ups: 3X10-circuit 1
- Lunges: 3X10(each)-circuit 1
- Deadlift: 3X10-super set 1
- Clean and Press: 3X10-super set 1
- Ball Slams: 3X10-super set 1
- Heavy Bag: 3X1 min interval-circuit 2
- Man Makers: 3X10-circuit 2
- Sit Ups: 3X20-super set 2
- Floor Wipers: 3X10-super set 2
- Planks: 3X1 min interval-super set 2
- Side Planks: 3X1 min interval-super set 2

Day 2: Snatches and Burpees

- 15 min cardio (bike, row, run, elliptical)
- Push Ups: 3X10-circuit 1
- Pull ups: 3X10-circuit 1

- Lunges: 3X10(each)-circuit 1
- Bench Press: 3X10-super set 1
- Dumb Bell Snatches: 3X10(each)-super set 1
- Burpees: 3X10-super set 1
- Shadow Box: 3X1 min interval-circuit 2
- Double Under: 3X1 min interval-circuit 2
- Sit Ups: 3X20-super set 2
- Floor Wipers: 3X10-super set 2
- Planks: 3X1 min interval-super set 2
- Side Planks: 3X1 min interval-super set 2

Day 3: Squats and Cardio

- 15 min cardio (bike, row, run, elliptical)
- Push Ups: 3X10-circuit 1
- Pull ups: 3X10-circuit 1
- Lunges: 3X10(each)-circuit 1
- Squats: 3X10-super set 1

-Clean: 3X10-super set 1

-Wall Balls: 3X10-super set 1

-Heavy Bag: 3X1 min interval-circuit 2

-Man Makers: 3X10-circuit 2

-Sit Ups: 3X20-super set 2

-Floor Wipers: 3X10-super set 2

-Planks: 3X1 min interval-super set 2

-Side Planks: 3X1 min interval-super set 2

Day 4: Thrusters and Ball Slams

-15 min cardio (bike, row, run, elliptical)

-Push Ups: 3X10-circuit 1

-Pull ups: 3X10-circuit 1

-Lunges: 3X10(each)-circuit 1

-Thrusters: 3X10-super set 1

-Ball Slams: 3X10-super set 1

-Burpees: 3X10-super set 1

-Shadow Box: 3X1 min interval-circuit 2

-Double Under: 3X1 min interval-circuit 2

-Sit Ups: 3X20-super set 2

-Floor Wipers: 3X10-super set 2

-Planks: 3X1 min interval-super set 2

-Side Planks: 3X1 min interval-super set 2

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.