

# CYBORG

## WORKOUT ROUTINE



**BONUS PDF FILE**

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 **SUPERHERO**  **JACKED** 

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# The Cyborg

## Workout Routine:

### Training Volume:

4-6 days per week

### Explanation:

We're talking about Cyborg 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**.

### More Specific Training Information from **Coach Richie**:

This workout has a lot of strength movements in it, some speed and agility movements, stamina work, and core work. The IQ (brain training) added is a new twist. The Mad Math Minute is a simple print out of easy math problems that you can go through and try to get as many done as you can in a minute and the Lumosity training is any of the

companies' "brain games" they have on their App or website for a minute. On off days I recommend mandatory meditation for 15-30 minutes and then 15-30 minutes of Sudoku, Chess, Checkers, Scrabble, any type of game that is mentally challenging.

# Day 1: Deadlifts and Intellect

-15 min treadmill/bike/elliptical/rowing

-Deadlifts: 12, 10, 8, 5, 3, 1

-Barbells Rows: 3X10-super set 1

-Pull ups: 3Xfailure-super set 1

-Kettle Bell Swings: 3X10-super set 1

-Box Jumps: 3X10-super set 2

-Burpees: 3X10-super set 2

-Mad Math Minute: 3X1 min-super set 2

-Jump Rope: 3X1 min-super set 3

-Man Makers: 3X10-super set 3

-Lumosity Training: 3X1 min-super set 3

-Floor Wipers: 3X20-super set 4

-Sit Ups: 3X20-super set 4

-Planks: 3X1 min-super set 4

-Side Planks: 3X1 min-super set 4

## Day 2: Bench Press and Intellect

-15 min treadmill/bike/elliptical/rowing

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

-Skull Crushers: 3X10-super set 1

-Dips: 3Xfailure-super set 1

-Push Ups: 3Xfailure-super set 1

-Box Jumps: 3X10-super set 2

-Burpees: 3X10-super set 2

-Mad Math Minute: 3X1 min-super set 2

-Jump Rope: 3X1 min-super set 3

-Man Makers: 3X10-super set 3

-Lumosity Training: 3X1 min-super set 3

-Floor Wipers: 3X20-super set 4

-Sit Ups: 3X20-super set 4

-Planks: 3X1 min-super set 4

-Side Planks: 3X1 min-super set 4

## Day 3: Squats and Intellect

-15 min treadmill/bike/elliptical/rowing

-Squats: 12, 10, 8, 5, 3, 1

-Step Ups: 3X10(each)-super set 1

-Lunges: 3Xfailure-super set 1

-Clean and Press-3X10-super set 1

-Box Jumps: 3X10-super set 2

-Burpees: 3X10-super set 2

-Mad Math Minute: 3X1 min-super set 2

-Jump Rope: 3X1 min-super set 3

-Man Makers: 3X10-super set 3

-Lumosity Training: 3X1 min-super set 3

-Floor Wipers: 3X20-super set 4

-Sit Ups: 3X20-super set 4

-Planks: 3X1 min-super set 4

-Side Planks: 3X1 min-super set 4

# Day 4: Military Press and Intellect

-15 min treadmill/bike/elliptical/rowing

-Military Press: 12, 10, 8, 5, 3, 1

-Barbell Shrugs: 3X10(with hold)-super set 1

-Wall Balls: 3Xfailure-super set 1

-Clean: 3X10-super set 1

-Box Jumps: 3X10-super set 2

-Burpees: 3X10-super set 2

-Mad Math Minute: 3X1 min-super set 2

-Jump Rope: 3X1 min-super set 3

-Man Makers: 3X10-super set 3

-Lumosity Training: 3X1 min-super set 3

-Floor Wipers: 3X20-super set 4

-Sit Ups: 3X20-super set 4

-Planks: 3X1 min-super set 4

-Side Planks: 3X1 min-super set 4

# 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.