

GREEN ARROW

WORKOUT ROUTINE



BONUS PDF FILE

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 **SUPERHERO**  **JACKED** 

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The Green Arrow

Workout Routine:

Training Volume:

4-6 days per week

Explanation:

We're talking about Green Arrow 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: Calisthenics and Power Cleans

-10 min cardio (row, bike, treadmill, elliptical)

-Pull Ups: 3X10-circuit 1

-Dips: 3X10-circuit 1

-Pistol Squats: 3X10(each)-circuit 1

-L Sit Hold: 3X30 sec-circuit 1

-Toes to Bar: 3X10-circuit 1

-Power Clean: 3X10-super set 1

-Push Ups: 3X20-super set 1

-One Arm Dumb Bell Row: 3X10(each)-super set 2

-Forearm Plank: 3X1 min-super set 2

-Shadow box: 3X1 min interval-circuit 2

-Jump Rope: 3X1 min interval-circuit 2

-Lunges: 3X10(each)-circuit 2

-Leg Lifts: 3X20-circuit 2

Day 2: Front Squat and Man Makers

-10 min cardio (row, bike, treadmill, elliptical)

-Chin Ups: 3X10-circuit 1

-Man Makers: 3X10-circuit 1

-Pistol Squats: 3X10(each)-circuit 1

-L Sit Hold: 3X30 sec-circuit 1

-Toes to Bar: 3X10-circuit 1

-Front Squat: 3X10-super set 1

-Diamond Push Ups: 3X10-super set 1

-Dumb Bell Side Raises: 3X10-super set 2

- Forearm Plank: 3X1 min-super set 2
- Heavy Bag: 3X1 min interval-circuit 2
- Jump Rope: 3X1 min interval-circuit 2
- Incline Sprint: 3X30 seconds-circuit 2
- Scissor Kicks: 3X20-circuit 2

Day 3: Deadlift and Wall Climbs

- 10 min cardio (row, bike, treadmill, elliptical)
- Wall Climbs: 3X10-circuit 1
- Box Jumps: 3X10-circuit 1
- Pistol Squats: 3X10(each)-circuit 1
- L Sit Hold: 3X30 sec-circuit 1
- Toes to Bar: 3X10-circuit 1
- Deadlift: 3X10-super set 1
- Wide Arm Push Ups: 3X20-super set 1

- Romanian Deadlift: 3X10-super set 2
- Forearm Planks: 3X1 min-super set 2
- Shadow box: 3X1 min interval-circuit 2
- Jump Rope: 3X1 min interval-circuit 2
- Stair Sprints: 3X30 seconds-circuit 2
- Sit Ups: 3X20-circuit 2

Day 4: Bench Press and Man Makers

- 10 min cardio (row, bike, treadmill, elliptical)
- Man Makers: 3X10-circuit 1
- Box Jumps: 3X10-circuit 1
- Pistol Squats: 3X10(each)-circuit 1
- L Sit Hold: 3X30 sec-circuit 1
- Toes to Bar: 3X10-circuit 1

- Bench Press: 3X10-super set 1
- Handstand Push Ups: 3X10-super set 1
- Farmers Walk: 3X30 seconds-super set 2
- Forearm Planks: 3X1 min-super set 2
- Heavy Bag: 3X1 min interval-circuit 2
- Jump Rope: 3X1 min interval-circuit 2
- Lunges: 3X10(each)-circuit 2
- Hollow Rock: 3X30 seconds-circuit 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.