

HARLEY QUINN

WORKOUT ROUTINE



BONUS PDF FILE

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 **SUPERHERO**  **JACKED** 

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The Harley Quinn Workout Routine:

Training Volume:

5-7 days per week

Explanation:

We're talking about Harley Quinn 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**.

Everyday Warm Up:

-10 min cardio(treadmill, elliptical, bike)

-Gnarley Harley warmup:

-50 jump rope

-40 jump squats

-30 mountain climbers

-20 plank to push ups

-10 burpees

Day One: Squats

-Squats: 3X10-super set 1

-Leg Press; 3X10-super set 1

-Step Ups: 3X10-super set 2

-Front Squats: 3X10-super set 2

-Heavy Bag/Shadow box: 3X1 min interval-circuit 1

-Man makers: 3X10-circuit 1

-Iron Mikes: 3X20-circuit 1

Day Two: Bodyweight Movements and Joker WOD

-Pull ups: 3X10-circuit 1

-Dips: 3X10-circuit 1

-Box jumps: 3X10-circuit 1

-Toes to Bar: 3X10-circuit 1

-Chin ups: 3X10-circuit 2

-Wall climbs: 3X10-circuit 2

-Pistol Squats: 3X10-circuit 2

-V-ups: 3X10-circuit 2

-Joker WOD: for Mr J

-12 min-every minute on the minute:

-5 pull ups-odd minutes

-5 decline push ups-even minutes

-12 min AMRAP:

-6 KB swings

-9 push ups

-6 alternating pistol squats

Day Three: Military Press

-Military Press: 3X10-super set 1

-Push ups: 3X10-super set 1

-Plank to push ups: 3X10-super set 2

-Pull ups: 3X10-super set 2

-Chest Press: 3X10-super set 2

-Heavy Bag/Shadow box: 3X1 min interval-circuit 1

-Man makers: 3X10-circuit 1

-Iron Mikes: 3X20-circuit 1

Day Four: Bodyweight Movements and Joker WOD

-Pull ups: 3X10-circuit 1

-Dips: 3X10-circuit 1

-Box jumps: 3X10-circuit 1

-Toes to Bar: 3X10-circuit 1

-Chin ups: 3X10-circuit 2

-Wall climbs: 3X10-circuit 2

-Pistol Squats: 3X10-circuit 2

-V-ups: 3X10-circuit 2

-Joker WOD: for Mr J

-12 min-every minute on the minute:

-5 pull ups-odd minutes

-5 decline push ups-even minutes

-12 min AMRAP:

-6 KB swings

-9 push ups

-6 alternating pistol squats

Day Five: Deadlifts

-Deadlifts: 3X10-super set 1

-Planks: 3X30 sec intervals-super set 1

-One arm DB rows: 3X10(each)-super set 2

-Straight leg deadlift: 3X10-super set 2

-Leg lifts: 3X10-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.