

THE THANOS WORKOUT ROUTINE



BONUS PDF FILE

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 **SUPERHERO**  **JACKED** 

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The Thanos Workout Routine:

Training Volume:

5-6 days per week

Explanation:

We're talking about THANOS here! This routine is pretty brutal. BUT, it's effective and will leave you sore and wanting more. There are 5 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 and Cardio:

-15 min HIIT(whatever cardio)

-Samson stretch: 3X10-circuit 1

-Overhead squat: 3X10(broomstick)-circuit 1

-Sit Up: 3X10-circuit 1

-Back extension: 3X10-circuit 1

-Pull up: 3X10-circuit 1

-Dips: 3X10-circuit 1

Day 1: Bench and Bear

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

-Military Press: 3X10-super set 1

-Chest Flyes: 3X10-super set 1

-DB Bench Press: 3X10-drop set to 0

-Jump Rope: 3X1 min-circuit 1

-Man Makers: 3X10-circuit 1

-Weighted Shadow Box: 3X1 min-circuit 1

-Crunches: 3X40-circuit 2

-Leg Raises: 3X10-circuit 2

-Bicycle crunches: 3X40-circuit 2

-Plank: 3X1 min-circuit 2

-Do you have the (infinity) stones WODs:

-Bear complex: 5X7

For time

Day 2: Deadlifts and WOD

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

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

-Cable Row: 3X10-super set 1

-Lat Pull downs: 3X10-drop set to 0

-Jump Rope: 3X1 min-circuit 1

-Man Makers: 3X10-circuit 1

-Heavy Bag: 3X1 min-circuit 1

-Crunches: 3X40-circuit 2

-Leg Raises: 3X10-circuit 2

-Bicycle crunches: 3X40-circuit 2

-Plank: 3X1 min-circuit 2

-Do you have the (infinity) stones WODs:

-7-min burpees(score)

Day 3: Squats and WOD

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

-Arnold Press: 3X10-super set 1

-Leg Press: 3X10-super set 1

-Calf Raises: 3X10-drop set to 0

-Jump Rope: 3X1 min-circuit 1

-Man Makers: 3X10-circuit 1

-Weighted Shadow Box: 3X1 min-circuit 1

-Crunches: 3X40-circuit 2

-Leg Raises: 3X10-circuit 2

-Bicycle crunches: 3X40-circuit 2

-Plank: 3X1 min-circuit 2

-Do you have the (infinity) stones WODs:

-DT: -Deadlift: 5X12(155)

-Hang Clean: 5X9(155)

-Push Jerk: 5X6(155)

For time

Day 4: Man Makers and WOD

-DB Bicep Curls: 3X10-drop set to 0

-Skull Crushers: 3X10-super set

-Preacher Curls: 3X10-super set

-Tricep Kickbacks: 3X10-drop set to 0

-Jump Rope: 3X1 min-circuit 1

-Man Makers: 3X10-circuit 1

-Heavy Bag: 3X1 min-circuit 1

-Crunches: 3X40-circuit 2

-Leg Raises: 3X10-circuit 2

-Bicycle crunches: 3X40-circuit 2

-Plank: 3X1 min-circuit 2

-Do you have the (infinity) stones WODs:

-Annie: -Double unders: 50,40,30,20,10

-Sit ups: 50,40,30,20,10

For time

The (Infinity) Gauntlet WOD:

-10 burpees

-10 thrusters(95)

-10 pull ups

-10 power snatches(95)

-10 toes to bar

-10 power cleans(95)

-20 box jumps

-10 power cleans(95)

-10 toes to bar

-10 power snatches(95)

-10 pull ups

-10 thrusters(95)

-10 burpees

For time

This workout is to keep testing yourself to see if your improving your time and fitness.

Bonus 1-2 Days: Activity and MMA

All heroes (and villains) 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.