

THE JOKER

WORKOUT ROUTINE



BONUS PDF FILE

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 **SUPERHERO**  **JACKED** 

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The Joker

Workout Routine:

Training Volume:

5+ days per week

Explanation:

We're talking about The Joker 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**.

Every day warm up:

-5 classic sun salutations

Day 1: Bench Press and KB Lunge Cleans

-Wind Sprints: 5 rounds

-Karaoke steps: 5 rounds (each way)

-Lateral single leg hop: 5 rounds (each way)

-Box jumps: 3X10-super set 1

-Alternating step ups: 3X50-super set 1

-Bench Press: 3X10-super set 2

-Skull Crushers: 3X10-super set 2

-Dips: 3Xfailure-super set 2

-Tricep push down: 3X10-super set 3

-Tricep overhead extension: 3X10-super set 3

-Box jumps: 3X10-circuit 1

-Alternating KB lunge cleans: 3X10-circuit 1

-Rope Slam: 3X10-circuit 1

-KB ice skaters: 3X10-circuit 1

-Medicine Ball slam: 3X10-circuit 1

-Weighted Shadow boxing: 3X30 sec(5lb)-circuit 1

Day 2: Thrusters and OHS

-Push ups: 3X20-circuit 1

-Pull ups: 3X10-circuit 1

-Sit Ups: 3X30-circuit 1

-Overhead Squat: 3X10-super set 1

-Pistol Squats: 3X10(each)-super set 1

-Single Leg balance: 3X30 sec(each leg)

-Insane WOD: -Kalsu: -for time

-5 burpees-EMOM

-100 thrusters

Workout done when 100 thrusters completed

-Crunches: 3X40-circuit 2

-Leg Lifts: 3X10-circuit 2

-V ups: 3X20-circuit 2

-Neck Bridge: 3X10-super set 2

-DB shrug: 3X10(hold)-super set 2

Day 3: Military Press and Sprints

-Wind Sprints: 5 rounds

-Karaoke steps: 5 rounds (each way)

-Lateral single leg hop: 5 rounds (each way)

-Box jumps: 3X10-super set 1

- Alternating step ups: 3X50-super set 1
- Squats: 3X10-super set 2
- Calf Raises: 3X20-super set 2
- Leg Press: 3X10-super set 2
- Military Press: 3X10-super set 3
- Front Raises: 3X10-super set 3
- Lateral Raises: 3X10-super set 3
- Box jumps: 3X10-circuit 1
- Alternating KB lunge cleans: 3X10-circuit 1
- Rope Slam: 3X10-circuit 1
- KB ice skaters: 3X10-circuit 1
- Medicine Ball slam: 3X10-circuit 1
- Weighted Shadow boxing: 3X30 sec(5lb)-circuit 1

Day 4: Double Unders and Running

- Push ups: 3X20-circuit 1
- Pull ups: 3X10-circuit 1
- Sit Ups: 3X30-circuit 1
- Overhead Squat: 3X10-super set 1
- Pistol Squats: 3X10(each)-super set 1
- Single Leg balance: 3X30 sec(each leg)
- Insane WOD: Bull: -2 rounds for time:
 - 200 double unders
 - 50 overhead squats
 - 50 pull ups
 - 1 mile run
- Crunches: 3X40-circuit 2

-Leg Lifts: 3X10-circuit 2

-V ups: 3X20-circuit 2

-Neck Bridge: 3X10-super set 2

-DB shrug: 3X10(hold)-super set 2

Day 5: Deadlifts and Jumps

-Wind Sprints: 5 rounds

-Karaoke steps: 5 rounds (each way)

-Lateral single leg hop: 5 rounds (each way)

-Box jumps: 3X10-super set 1

-Alternating step ups: 3X50-super set 1

-Deadlift: 3X10-super set 2

-Lat pull down: 3X10-super set 2

-Chin ups: 3Xfailure-super set 2

-Cable Bicep Curls: 3X10-super set 3

- Cable Hammer Curls: 3X10-super set 3
- Box jumps: 3X10-circuit 1
- Alternating KB lunge cleans: 3X10-circuit 1
- Rope Slam: 3X10-circuit 1
- KB ice skaters: 3X10-circuit 1
- Medicine Ball slam: 3X10-circuit 1
- Weighted Shadow boxing: 3X30 sec(5lb)-circuit 1

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.