

# THE MYSTIQUE

## WORKOUT ROUTINE



**BONUS PDF FILE**

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 **SUPERHERO**  **JACKED** 

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# The Mystique

## Workout Routine:

### **Training Volume:**

6+ days per week

### **Explanation:**

We're talking about Mystique 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 HIIT(whatever cardio)

-pull ups: 3X5

-dips: 3X5

-push ups: 3X5

## Day 1: Circuit Starter

-box jumps: 3X10-circuit 1

-tuck jumps: 3X10-circuit 1

-rapid alternating step up: 3X20-circuit 1

-skaters: 3X20-circuit 1

-burpees: 10-circuit 2

-sit up: 15-circuit 2

-clean and squat: 25-circuit 2

-box jumps: 30-circuit 2

-clean and squat 25-circuit 2

-sit up: 15-circuit 2

-burpees: 10-circuit 2

## Day 2: Helen

-Helen: for time

-400 m runX3

-21 KB swingsX3

-12 pull upsX3

-thai crucifix: 3X25

-med ball gut shredder: 3X50

-ab air bike: 3X50

## Day 3: Deadlift, Squat and Press to Death

-box jumps: 3X10-circuit 1

-tuck jumps: 3X10-circuit 1

-rapid alternating step up: 3X20-circuit 1

-skaters: 3X20-circuit 1

-400 m runX5-circuit 2

-clean and press: 5X15-circuit 2

-deadlift: 5X10-circuit 2

-squats: 5X5-circuit 2

## Day 4: Karen

Karen: for time

-150 wall balls

-thai crucifix: 3X25

-med ball gut shredder: 3X50

-ab air bike: 3X50

# Day 5: Fran and More

-box jumps: 3X10-circuit 1

-tuck jumps: 3X10-circuit 1

-rapid alternating step up: 3X20-circuit 1

-skaters: 3X20-circuit 1

-Fran: for time

-thrusters: 21, 15, 9

-pull ups: 21, 15, 9

# Day 6: Eva

-Eva: for time

-800 m runX5

-30 KB swingsX5

-30 pull upsX5

# 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.