

# THE STORM

## WORKOUT ROUTINE



**BONUS PDF FILE**

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 **SUPERHERO**  **JACKED** 

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# The Storm

## Workout Routine:

### Training Volume:

3+ days per week

### Explanation:

We're talking about Storm 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:

-15 min cardio-switch kinds

-5 classic sun salutations

# Day 1: Legs, Shadow Box and Thunderstorm

-box jumps: 3X10-circuit 1

-side touches: 3X10(each)-circuit 1

-wide to narrow squat jumps: 3X10-circuit 1

-staggered jumps: 3X10-circuit 1

-sideways high knees: 3X10-circuit 1

-pistol squats: 30 seconds(each)-circuit 2

-push up sit through: 30 seconds-circuit 2

-pop ups: 60 seconds-circuit 2

-plank with rotation: 60 seconds-circuit 2

-weighted shadow boxing: 60 seconds(5-10)-circuit 2

-Thunderstorm: -for time

-400 m runX3

-20 burpeesX3

-15 clean and pressX3

-10 box jumpsX3

## Day 2: Core, Legs and Tornado

-box jumps: 3X10-circuit 1

-side touches: 3X10(each)-circuit 1

-wide to narrow squat jumps: 3X10-circuit 1

-staggered jumps: 3X10-circuit 1

-sideways high knees: 3X10-circuit 1

-pistol squats: 30 seconds(each)-circuit 2

-push up sit through: 30 seconds-circuit 2

-pop ups: 60 seconds-circuit 2

-plank with rotation: 60 seconds-circuit 2

-weighted shadow boxing: 60 seconds(5-10)-circuit 2

### **-Tornado:**

-for time

-10 jump squatsX5

-25 mountain climbersX5

-25 leg raisesX5

-25 flutter kicksX5

-10 lunges(each)X5

## Day 3: Legs and Hurricane

-box jumps: 3X10-circuit 1

-side touches: 3X10(each)-circuit 1

-wide to narrow squat jumps: 3X10-circuit 1

-staggered jumps: 3X10-circuit 1

-sideways high knees: 3X10-circuit 1

-pistol squats: 30 seconds(each)-circuit 2

-push up sit through: 30 seconds-circuit 2

-pop ups: 60 seconds-circuit 2

-plank with rotation: 60 seconds-circuit 2

-weighted shadow boxing: 60 seconds(5-10)-circuit 2

**-Hurricane:**

-for time

-70 calorie cardio of choosing

-60 v ups

-50 step ups

-40 squat jumps

-30 knee push ups

-20 burpees

-10 pistol squats(each)

## 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.