

# THE SUPERGIRL WORKOUT ROUTINE



**BONUS PDF FILE**

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 **SUPERHERO**  **JACKED** 

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# The Supergirl Workout Routine:

## **Training Volume:**

3-5 days per week

## **Explanation:**

We're talking about Supergirl 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**.

# Day 1: Circuits and Supersets

-10 min cardio (treadmill, elliptical, bike)

-Mountain Climbers: 3X20-circuit 1

-Burpees: 3X10-circuit 1

-Jump Squats: 3X10-circuit 1

-Jump Rope: 3X20-circuit 1

-Jump Lunges: 3X10(each)-circuit 1

-Back Squat: 3X10-super set 1

-Push ups: 3X10-super set 1

-Front Squats: 3X10-super set 2

-Thrusters: 3X10-super set 2

-Lunges: 3X10(each)-super set 3

-Chin ups: 3X10-super set 3

-Crunches: 3X20-circuit 2

-Leg Lifts: 3X10-circuit 2

-V-Ups: 3X10-circuit 2

-Plank: 3X1 min-circuit 2

## Day 2: Circuits and Supersets

-10 min cardio (treadmill, elliptical, bike)

-Mountain Climbers: 3X20-circuit 1

-Burpees: 3X10-circuit 1

-Jump Squats: 3X10-circuit 1

-Jump Rope: 3X20-circuit 1

-Jump Lunges: 3X10(each)-circuit 1

-Military Press: 3X10-super set 1

-Kettle Bell Swings: 3X10-super set 1

-Power Cleans: 3X10-super set 2

-Pull Ups: 3X10-super set 2

-Crunches: 3X20-circuit 2

-Leg Lifts: 3X10-circuit 2

-V-Ups: 3X10-circuit 2

-Plank: 3X1 min-circuit 2

## Day 3: Circuits and Supersets

-10 min cardio (treadmill, elliptical, bike)

-Mountain Climbers: 3X20-circuit 1

-Burpees: 3X10-circuit 1

-Jump Squats: 3X10-circuit 1

-Jump Rope: 3X20-circuit 1

-Deadlift: 3X10-super set 1

-Step Ups: 3X10(each)-super set 1

-Straight Leg Deadlift: 3X10-super set 2

-Push ups: 3X10-super set 2

-Pull ups: 3X10-super set 3

-Chin ups: 3X10-super set 3

-Crunches: 3X20-circuit 2

-Leg Lifts: 3X10-circuit 2

-V-Ups: 3X10-circuit 2

-Plank: 3X1 min-circuit 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.