

# THE WASP

## WORKOUT ROUTINE



**BONUS PDF FILE**

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 **SUPERHERO** ⚡ **JACKED** 

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# The Wasp

## Workout Routine:

### Training Volume:

5+ days per week

### Explanation:

We're talking about The Wasp 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 and Cardio:

-20 min cardio(swim, cycle, run)

-Classic Sun Salutes: 5 circuits

# Day 1: Deadlift and Squat

-Deadlift: 3X10-drop set to 45

-Lunge: 3X10(each)-circuit 1

-Push ups: 3X10-circuit 1

-Squats: 3X10-circuit 1

-Pull ups: 3X10-circuit 1

-Box jumps: 3X10-circuit 1

-Plank: 3X1 min-circuit 1

-Superman: 3X1 min-circuit 1

-Jump rope: 3X1 min-circuit 2

-Burpees: 3X10-circuit 2

-Weighted shadow boxing: 3X 1 min(5)-circuit 2

-Crunches: 3X40-circuit 3

-Leg Raises: 3X10-circuit 3

-Flutter Kicks: 3X40-circuit 3

-Reverse Superman: 3X30 sec-circuit 3

## Day 2: Bench and Squat

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

-Lunge: 3X10(each)-circuit 1

-Push ups: 3X10-circuit 1

-Squats: 3X10-circuit 1

-Pull ups: 3X10-circuit 1

-Box jumps: 3X10-circuit 1

-Plank: 3X1 min-circuit 1

-Superman: 3X1 min-circuit 1

-Jump rope: 3X1 min-circuit 2

-Burpees: 3X10-circuit 2

-Heavy Bag: 3X 1 min-circuit 2

-Crunches: 3X40-circuit 3

-Leg Raises: 3X10-circuit 3

-Flutter Kicks: 3X40-circuit 3

-Reverse Superman: 3X30 sec-circuit 3

# Day 3: Squat and Squat

-Squats: 3X10-drop set to 45

-Lunge: 3X10(each)-circuit 1

-Push ups: 3X10-circuit 1

-Squats: 3X10-circuit 1

-Pull ups: 3X10-circuit 1

-Box jumps: 3X10-circuit 1

-Plank: 3X1 min-circuit 1

-Superman: 3X1 min-circuit 1

-Jump rope: 3X1 min-circuit 2

-Burpees: 3X10-circuit 2

-Weighted shadow boxing: 3X 1 min(5)-circuit 2

-Crunches: 3X40-circuit 3

-Leg Raises: 3X10-circuit 3

-Flutter Kicks: 3X40-circuit 3

-Reverse Superman: 3X30 sec-circuit 3

# Day 4: Cleans and Squats

KB Cleans: 3X10-drop set to 0

-Lunge: 3X10(each)-circuit 1

-Push ups: 3X10-circuit 1

-Squats: 3X10-circuit 1

-Pull ups: 3X10-circuit 1

-Box jumps: 3X10-circuit 1

-Plank: 3X1 min-circuit 1

-Superman: 3X1 min-circuit 1

-Jump rope: 3X1 min-circuit 2

-Burpees: 3X10-circuit 2

-Heavy Bag: 3X 1 min-circuit 2

-Crunches: 3X40-circuit 3

-Leg Raises: 3X10-circuit 3

-Flutter Kicks: 3X40-circuit 3

-Reverse Superman: 3X30 sec-circuit

# Wasp Flexibility Workout:

-Forward Fold: 30 sec

-Forward Fold with shoulder open: 30 sec

-Downward Dog: 60 sec

-Crescent Pose: 30 sec(each)

-Pyramid Pose: 30 sec(each)

-Child Pose: 30 sec

-Easy Pose: 30 sec

-Butterfly: 30 sec

-Spinal Twist: 30 sec(each)

3 rounds of this circuit

## 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.