

WINSTON DUKE

WORKOUT ROUTINE



BONUS PDF FILE

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 **SUPERHERO**  **JACKED** 

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The advice and tips given in this course are meant for healthy adults only. You should consult your physician to insure the tips given in this course are appropriate for your individual circumstances.

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Winston Duke

Workout Routine:

Training Volume:

4-6 days per week

Explanation:

Winston Duke trained a TON for his role. I'm going to program you 4 days of weights, and another 2 days can be added for MMA style training as well.

Monday: Chest and Triceps

Warm Up:

Stretch

10 min incline walk

Workout:

Bench Press

5×12, 10, 8, 5, 3

Incline Dumbbell Press

3×12, 10, 8

Superset:

Chest Flyes and Hex Press

3×10

Dips

3×15

Overhead Tricep Extension

3×12,10,8

Close Grip Bench

3×10

Superset:

Cable Pushdowns and Cable Kickbacks

3×10

Day Two: Back and Biceps

Warm Up:

Stretch

10 min incline walk

Workout:

Deadlift

5×12, 10, 8, 5, 1

Cable Rows

3×12, 10, 8

Superset:

T-Bar Row and Push Ups

3×10

Wide Grip Pull Ups

3×15

Preacher Curls

3×12,10,8

Overhead Cable Curls

3×10

Superset:

Cable Bicep Curls and Cable Hammer Curls

3×10

Day Three: Shoulders and Traps

Warm Up:

Stretch

10 min incline walk

Workout:

Military Press

5×12, 10, 8, 5, 3

Shoulder Dumbbell Front Raise

3×12, 10, 8

Superset:

Shoulder Flyes and Arnold Press

3×10

Pull Ups

3×15

Barbell Shrugs

3×12,10,8

Hang Cleans

3×10

Superset:

Machine Shrugs and Dumbbell Shrugs

3×20

Day Four: Legs and Calves

Warm Up:

Stretch

10 min incline walk

Workout:

Back Squat

5×12, 10, 8, 5, 3

Leg Press

3×12, 10, 8

Superset:

Lunges and Front Squat

3×10

Hack Squat

3×12

Calf Raises (Heavy)

3×12,10,8

Hamstring Curls

3×10

Superset:

Leg Curl Machine and Calf Raises (Light)

3×10

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.