

THE WOLVERINE WORKOUT ROUTINE



BONUS PDF FILE

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 **SUPERHERO**  **JACKED** 

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The Wolverine Workout Routine:

Training Volume:

5-7 days per week

Explanation:

We're talking about Wolverine here! This routine is pretty brutal.

BUT, it's effective and will leave you sore and wanting more. There are 5 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: Stretch and Jump Rope

-Samson stretch: 3X30 sec

-Couch stretch: 3X30 sec

- 10 min HIIT (row, bike, run)

-Jump rope: 3X1 min-circuit 1

-Push ups: 3X10-circuit 1

-Pull ups: 3X5-circuit 1

Day 1: Bench and Bag

-Bench Press: 10, 8, 5, 3, 1

-Cable Cross: 3X10-super set 1

-DB Flyes: 3X10-super set 1

-Hex Press: 3X10-super set 1

- Heavy Bag: 3X1 min-circuit 1
- Burpees: 3X10-circuit 1
- Headstand Rock: 3X10-circuit 1
- DB shrug: 3X10(with hold)-circuit 1
- Ab wheel: 5X10-circuit 2
- Leg Raises: 5X10-circuit 2
- V twists: 5X10-circuit 2
- Rocking Plank: 5X10-circuit 2
- Jab Cross sit up: 5X10-circuit 2
- Med Ball drop: 5X10-circuit 2

Day 2: Deadlifts and Shadowboxing

- Deadlift: 10, 8, 5, 3, 1
- DB rows one arm: 3X10(each)-super set 1

- Lat Pull down: 3X10-super set 1
- Cable Row: 3X10-super set 1
- Weighted shadow boxing: 3X1 min-circuit 1
- Burpees: 3X10-circuit 1
- Headstand Rock: 3X10-circuit 1
- DB shrug: 3X10(with hold)-circuit 1
- Ab wheel: 5X10-circuit 2
- Leg Raises: 5X10-circuit 2
- V twists: 5X10-circuit 2
- Rocking Plank: 5X10-circuit 2
- Jab Cross sit up: 5X10-circuit 2
- Med Ball drop: 5X10-circuit 2

Day 3: Press and Shrug

- Military Press: 10, 8, 5, 3, 1

- Shrugs: 3X10-super set 1
- Face Pulls: 3X10-super set 1
- Lateral Raises: 3X10-super set 1
- Heavy Bag: 3X1 min-circuit 1
- Burpees: 3X10-circuit 1
- Headstand Rock: 3X10-circuit 1
- DB shrug: 3X10(with hold)-circuit 1
- Ab wheel: 5X10-circuit 2
- Leg Raises: 5X10-circuit 2
- V twists: 5X10-circuit 2
- Rocking Plank: 5X10-circuit 2
- Jab Cross sit up: 5X10-circuit 2
- Med Ball drop: 5X10-circuit 2

Day 4: Burpees and Biceps

- DB bicep curls: 3X10-super set 1
- Overhead tricep extension: 3X10-super set 1
- Preacher curls: 3X10-super set 1
- Close grip bench press: 3X10-super set 1
- Weighted shadow boxing: 3X1 min-circuit 1
- Burpees: 3X10-circuit 1
- Headstand Rock: 3X10-circuit 1
- DB shrug: 3X10(with hold)-circuit 1
- Ab wheel: 5X10-circuit 2
- Leg Raises: 5X10-circuit 2
- V twists: 5X10-circuit 2
- Rocking Plank: 5X10-circuit 2
- Jab Cross sit up: 5X10-circuit 2
- Med Ball drop: 5X10-circuit 2

Day 5: Squats and More Squats

-Squats: 10, 8, 5, 3, 1

-Front Squats: 3X10-super set 1

-Straight Leg Deadlift: 3X10-super set 1

-Lunges: 3X10-super set 1

-Heavy Bag: 3X1 min-circuit 1

-Burpees: 3X10-circuit 1

-Headstand Rock: 3X10-circuit 1

-DB shrug: 3X10(with hold)-circuit 1

-Ab wheel: 5X10-circuit 2

-Leg Raises: 5X10-circuit 2

-V twists: 5X10-circuit 2

-Rocking Plank: 5X10-circuit 2

-Jab Cross sit up: 5X10-circuit 2

-Med Ball drop: 5X10-circuit 2

EXTRA FINISHER: Wolverine's Claws:

This last workout is for those individuals who want to push themselves extra hard as a finisher or as a workout for another day.

-Push jerk: 21, 15, 9

-Knees to elbows: 21, 15, 9

-Box jumps: 21, 15, 9

-DB uppercuts: 3X30-super set 1

-DB straight punches: 3X30-super set 1

-Light Bench Press: 3X10-super set 2

-Shoulder Press: 3X10-super set 2

-1 arm lat pullbacks: 3X10(each)-super set 2

Bonus 1-2 Days: Activity and MMA

All heroes (and villains) 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.