

KRATOS

WORKOUT ROUTINE



BONUS PDF FILE

By: Mike Romaine

 **SUPERHERO** ⚡ **JACKED** 

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Kratos Workout Routine

Training Volume:

4+ days per week

Explanation:

I'm going to program you 4 days of weightlifting and then also give you the option MMA/Fighting training that I give in all the character/comic routines. Remember that you must eat to grow!

Please also refer to our [Pyramid Training Guide](#), as it will be important to utilize it with this routine.

Also remember that these routines are intense. We're basing them around fictional characters. If you need to scale, you can. Lift heavy and get big!

Day One: Chest and Triceps

Warm Up:

Stretch

Grow a Beard

Incline Treadmill Walk 20 Minutes

Workout:

Bench Press

5×10,8,5,3,1

Tricep Overhead Extension (Dumbbells)

4×10

Incline Dumbbell Bench Press

4×12,10,8,6

Tricep Cable Pushdowns

4×10

Decline Cable Flys

4×10

Cable Kickbacks

4×10

Weighed Dips

4×25

Day Two: Squats and Calves

Warm Up:

Stretch

Grow a Beard

Incline Treadmill Walk 20 Minutes

Workout:

Back Squats

5×10,8,5,3,1

Calf Raises

4×10

Leg Press

4×12,10,8,6

Weighted Lunges

4×10

Front Squats

4×10

Hamstring Curls

4×10

Quad Leg Extension

4×10

Day Three: Military Press and Traps

Warm Up:

Stretch

Grow a Beard

Incline Treadmill Walk 20 Minutes

Workout:

Military Press

5×10,8,5,3,1

Barbell Shrugs

4×10

Arnold Press

4×12,10,8,6

Dumbbell Shrugs

4×10

Power Cleans

4×10

DB Shoulder Front Raises

4×10

Shoulder Flys

4×10

Day Four: Deadlift and Biceps

Warm Up:

Stretch

Grow a Beard

Incline Treadmill Walk 20 Minutes

Workout:

Deadlift

5×10,8,5,3,1

Dumbbell Bicep Curls

4×10

Bent Over Rows

4×12,10,8,6

Hammer Curls

4×10

Lateral Pulldowns

4×10

Cable Rows

4×10

Weighed Chin Ups

4×10

Bonus 1-2 Days: Activity 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.