

# KALE

## WORKOUT ROUTINE



**BONUS PDF FILE**

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 **SUPERHERO**  **JACKED** 

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# Kale

## Workout Routine:

### Training Volume:

6 days per week

### Explanation:

We're going to have 4 days of typical weight lifting and then 2 days made up of calisthenics and cardio.

## Day One: Kale Chest and Triceps

### Warm Up:

Stretch

Jog 800m

### Workout:

Bench Press

4×12

Tricep Overhead Extension

4×12

Incline Bench Press

4×12

Tricep Pushdowns

4×12

Dips

4×25

**Kale Circuit:**

4 Rounds for Time:

400m jog

25 Deadlifts

20 Squats

15 Bench Press

10 Overhead Presses

5 Power Cleans

# Day Two: Hyperbolic Time Chamber

## **Warm Up:**

Stretch

## **Cardio:**

30-60 min of varied cardio

## **Calisthenics:**

200 Air Squats

150 Sit Ups

150 Push Ups

100 Dips

100 Lunges

75 Pull Ups

75 Leg Raises

# Day Three: Kale Back and Biceps

## **Warm Up:**

Stretch

Jog 800m

## **Workout:**

Deadlift

4×12

Bicep Curls

4×12

Lateral Pulldowns

4×12

Cable Rows

4×12

Chin Ups

4×25

**Kale Circuit:**

4 Rounds for Time:

400m jog

25 Deadlifts

20 Squats

15 Bench Press

10 Overhead Presses

5 Power Cleans

# Day Four: Hyperbolic Time Chamber

## **Warm Up:**

Stretch

## **Cardio:**

30-60 min of varied cardio

## **Calisthenics:**

200 Air Squats

150 Sit Ups

150 Push Ups

100 Dips

100 Lunges

75 Pull Ups

75 Leg Raises

# Day Five: Kale Shoulders and Traps



## **Warm Up:**

Stretch

Jog 800m

## **Workout:**

Military Press

4×12

Dumbbell Shrugs

4×12

Dumbbell Front Raises

4×12

One Arm Dumbbell Snatches

4×12

Push Ups

4×25

## **Kale Circuit:**

4 Rounds for Time:

400m jog

25 Deadlifts

20 Squats

15 Bench Press

10 Overhead Presses

5 Power Cleans

## **Day Six: Kale Rest and Rice**

Rest Day.

Eat some rice and protein.

Have fun.

## **Day Seven: Kale Legs and Calves**

## **Warm Up:**

Stretch

Jog 800m

## **Workout:**

Squats

4×12

Calf Raises

4×12

Leg Press

4×12

Hamstring Curls

4×12

Weighted Step Ups

4×12

## **Kale Circuit:**

4 Rounds for Time:

400m jog

25 Deadlifts

20 Squats

15 Bench Press

10 Overhead Presses

5 Power Cleans