

# ROBIN

## WORKOUT ROUTINE



**BONUS PDF FILE**

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 **SUPERHERO**  **JACKED** 

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# Robin

## Workout Routine:

### **Training Volume:**

4-6 days per week

### **Explanation:**

We're talking about Robin here. This routine is pretty brutal. BUT, it's effective and will leave you sore and wanting more. There are 4 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**.

# Day 1: Bench and Cleans

## **Warm Up:**

-Stretch

-15 min HIIT training treadmill

3×10 Pull Ups

3×15 Dips

3×20 Push Ups

3×25 Air Squats

## **Workout:**

-Bench Press: 15, 10, 5, 3, 1

-Toes to Bar: 3X15-super set 1

-L sit hold: 3X30 sec-super set 1

-Clean: 3X10-super set 2

- Box Jump: 3X10-super set 2
- Heavy Bag: 3X1 min-super set 3
- Jump rope: 3X1 min-super set 3
- Burpees: 3X10-super set 3
- Crunches: 3X100-super set 4
- Planks: 3X1 min-super set 4
- Side Planks: 3X1 min (each)-super set 4

## Day 2: Deadlift and Press

### **Warm Up:**

- Stretch
- 15 min HIIT training treadmill
- 3×10 Pull Ups
- 3×15 Dips
- 3×20 Push Ups

3×25 Air Squats

**Workout:**

- Deadlift: 15, 10, 5, 3, 1
- Toes to Bar: 3X15-super set 1
- L sit hold: 3X30 sec-super set 1
- Clean and Press: 3X10-super set 2
- Box jump: 3X10-super set 2
- Shadow box: 3X1 min-super set 3
- Jump rope: 3X1 min-super set 3
- Man makers: 3X10-super set 3
- Flutter Kicks: 3X50-super set 4
- Planks: 3X1 min-super set 4
- Side Planks: 3X1 min (each)-super set 4

## Day 3: Squats and Man Makers

## **Warm Up:**

-Stretch

-15 min HIIT training treadmill

3×10 Pull Ups

3×15 Dips

3×20 Push Ups

3×25 Air Squats

## **Workout:**

-Squat: 15, 10, 5, 3, 1

-Toes to Bar: 3X15-super set 1

-L sit hold: 3X30 sec-super set 1

-Clean and Press: 3X10-super set 2

-Box jump: 3X10-super set 2

-Heavy Bag: 3X1 min-super set 3

-Jump rope: 3X1 min-super set 3

-Man makers: 3X10-super set 3

-Leg raises: 3X50-super set 4

-Planks: 3X1 min-super set 4

-Side Planks: 3X1 min (each)-super set 4

## Day 4: Military Press and Cleans

### **Warm Up:**

-Stretch

-15 min HIIT training treadmill

3×10 Pull Ups

3×15 Dips

3×20 Push Ups

3×25 Air Squats

### **Workout:**



- Military Press: 15, 10, 5, 3, 1
- Toes to Bar: 3X15-super set 1
- L sit hold: 3X30 sec-super set 1
- Clean: 3X10-super set 2
- Box Jump: 3X10-super set 2
- Shadow box: 3X1 min-super set 3
- Jump rope: 3X1 min-super set 3
- Burpees: 3X10-super set 3
- Russian Twist: 3X100-super set 4
- Planks: 3X1 min-super set 4
- Side Planks: 3X1 min (each)-super set 4

## 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.