

# STARFIRE

## WORKOUT ROUTINE



**BONUS PDF FILE**

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 **SUPERHERO**  **JACKED** 

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# Starfire

## Workout Routine:

### Training Volume:

5+ days per week

### Explanation:

If you're going to look like Starfire, you're going to have to train with some pretty high volume. I'm going to write a 5 day routine, and if you'd like to go any more than that you can add in multiple days of extra cardio as well.

### Pyramid Training:

For this routine you're going to want to utilize **pyramid training**. That means you're going to want to increase the weight as you move through each exercise.

For example, if you start with 20 lbs on a lift, your next set should increase to 25+ lbs.

## Day One: Legs and Lower Body

### Warm Up:

Stretch

30-45 minutes varied cardio (elliptical, treadmill, bike, etc.)

**Workout:**

Barbell Squat

3×12

Weighted Step Ups (w/ dumbbells)

3×10 each leg

Barbell Hip Thrust

3×10

Weighted Lunges

3×10 each leg

Goblet Squats (with dumbbell or kettlebell)

3×10

Hamstring Curls

3×10

# Day Two: Chest and Upper Body

## **Warm Up:**

Stretch

30-45 minutes varied cardio (elliptical, treadmill, bike, etc.)

## **Workout:**

Chest Press (dumbbells)

3×12

Pushups (or knee push ups)

3×10-20

Dips (off bench or chair is fine)

3×10

Flat Bench Cable Flyes (with dumbbells)

3×10

Overhead Dumbbell Tricep Extension

3×10

Cable or Dumbbell Tricep Kickbacks

3×10 each arm

## Day Three: Light Full Body Workout

### **Warm Up:**

Stretch

30-45 minutes varied cardio (elliptical, treadmill, bike, etc.)

### **Workout:**

Goblet Lunges

3×10 each leg

Kettlebell Swing

3×10

Shoulder Front Raise (w/ dumbbells)

3×10

Box Jumps

3×10

Tricep Cable Pushdowns

3×10

Bicep Curls

3×10 each arm

## Day Four: Back and Arms

### **Warm Up:**

Stretch

30-45 minutes varied cardio (elliptical, treadmill, bike, etc.)

### **Workout:**

Romanian Deadlift (Bar, Dumbbells or Kettlebell)

3×10

Pushups (or knee push ups)

3×10-20

Kneeling Dumbbell Rows (off bench)

3×10

Bicep Curl Step Ups (w/ box or bench)

3×10

Pull-Ups (or pull-up negative, or free hang from bar for time)

3×10

Arnold Press

3×10

## Day Five: Shoulder and Upper Body

**Warm Up:**

Stretch



30-45 minutes varied cardio (elliptical, treadmill, bike, etc.)

**Workout:**

Military Press (dumbbells is fine)

3×12

Face Pulls

3×10

Light Dumbbell Clean and Press

3×10

Light Dumbbell One Arm Snatch

3×10

Kettlebell Straight Leg Deadlift

3×10

Shoulder Flys (w/ dumbbells)

3×10

# Day 6-7: Added Workouts

These days can be rotated in whatever order you choose, which is especially helpful if you plan on training more than 5 days per week. If that is the case, I suggest adding in extra cardio those days, and maybe some core work (planks, sit ups, etc).

But, if you're going to want to train with weights, you can also sub the light full body day (listed as day three) here as well.