

ANNA & NINA WILLIAMS

WORKOUT ROUTINE



BONUS PDF FILE

By: Mike Romaine

 **SUPERHERO**  **JACKED** 

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Anna and Nina Williams

Workout Routine:

Training Volume:

5+ days per week

Explanation:

I'm going to program you 3 full-body days that have different focuses. You can use these each multiple times per week. You will also be required to incorporate MMA styled training. I will provide links to help below.

Full Body Day One: Push Focus

Warm Up:

Stretch

Jog 1 Mile

3×5 Pull Ups

3×10 Dips

3×15 Push Ups

3×20 Air Squats

Workout:

Bench Press

3×12

Overhead Press

3×12

Tricep Kickbacks

3×12

Incline Machine Press

3×12

Front Squats

3×12

Cable Rows

3×12

Cable Hammer Curls

3×12

Full Body Day Two: Pull Focus

Warm Up:

Stretch

Jog 1 Mile

3×5 Pull Ups

3×10 Dips

3×15 Push Ups

3×20 Air Squats

Workout:

Deadlift

3×12

Lateral Pulldowns

3×12

Tricep Kickbacks

3×12

Arnold Press

3×12

Leg Press

3×12

Chest Flys

3×12

Preacher Curls

3×12

Full Body Day Three: Leg Focus

Warm Up:

Stretch

Jog 1 Mile

3×5 Pull Ups

3×10 Dips

3×15 Push Ups

3×20 Air Squats

Workout:

Squats

3×12

Hamstring Curls

3×12

Quad Extension

3×12

Decline Cable Flys

3×12

Machine Rows

3×12

Power Cleans

3×12

Bicep Curls Step Ups

3×12

Bonus Training: Ninja Training

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.

I would specifically also look at **Daredevil**, **Moon Knight** and **Deathstroke** for more programming from Coach Derek.