

# BANE

## WORKOUT ROUTINE



**BONUS PDF FILE**

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 **SUPERHERO**  **JACKED** 

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# Bane

## Workout Routine:

### Training Volume:

4+ days per week

### Explanation:

This one is going to be like the female character workout this week we saw from She-Hulk. I'm going to program you a powerlifting-like 4 day split and then I'm going to also share a full body day that you can add in, as well as an MMA day.

### Pyramid Training:

You should be pyramid training for almost all the routines we utilize (not necessary, but I recommend and utilize it myself). Here's an article on what it is, but do your best to increase the load after each set.

## Day One: Deadlift Day

### Warm Up:

Stretch

Foam Roll

10 min incline walk

**Workout:**

Deadlift

5×10,8,5,3,1

Cable Rows

3×12,10,8

Lateral Pulldowns

3×12,10,8

Face Pulls

3×12,10,8

Dumbbell Bent Over Rows

3×12,10,8

Preacher Curls

3×12,10,8

Dumbbell Hammer Curls

3×12,10,8

## Day Two: Bench Press Day

### **Warm Up:**

Stretch

Foam Roll

10 min incline walk

### **Workout:**

Bench Press

5×10,8,5,3,1

Dumbbell Chest Flys

3×12,10,8

Cable Overhead Extension

3×12,10,8

Incline Dumbbell Press

3×12,10,8

Close Grip Bench

3×12,10,8

Decline Press (Machine or Bench)

3×12,10,8

Cable Kickbacks

3×12,10,8

## Day Three: Squat Day

### **Warm Up:**

Stretch

Foam Roll

10 min incline walk

### **Workout:**

Back Squat

5×10,8,5,3,1

Hamstring Curls

3×12,10,8

Weighted Step Ups

3×12,10,8

Leg Press

3×12,10,8

Leg Kickbacks

3×12,10,8

Leg Extensions

3×12,10,8

Hack Squat

3×12,10,8

# Day Four: Military Press Day

## **Warm Up:**

Stretch

Foam Roll

10 min incline walk

## **Workout:**

Barbell Standing Military Press

5×10,8,5,3,1

Shoulder Flys

3×12,10,8

Barbell Shrugs

3×12,10,8

Dumbbell Shoulder Front Raises

3×12,10,8



One Arm Dumbbell Snatches

3×12,10,8

Kettlebell Swings

3×12,10,8

Power Cleans

3×12,10,8

## Day Five Bonus: Activity, Parkour 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.

Also check out programs on the site from Coach Derek here: [Moon Knight](#), [Deathstroke](#), [Daredevil](#).

## Day Six: Full Body Day

## **Warm Up:**

Stretch and Foam Roll

10 min incline walk

## **Workout:**

Dumbbell Bench Press

3×10

Cable Kickbacks

3×10 each arm

Cable Pullthroughs

3×10

Hammer Strength Military Press

3×10

Wide Grip Cable Rows

3×10

Preacher Curls

3×10