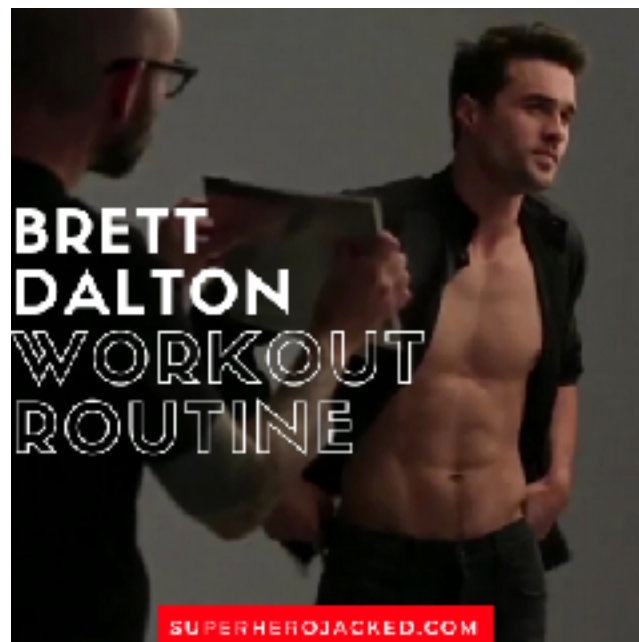


BRETT DALTON

WORKOUT ROUTINE



BONUS PDF FILE

By: Mike Romaine

 **SUPERHERO**  **JACKED** 

Copyright Notice

No part of this report may be reproduced or transmitted in any form whatsoever, electronic, or mechanical, including photocopying, recording, or by any informational storage or retrieval system without expressed written, dated and signed permission from the author. All copyrights are reserved.

Disclaimer and/or Legal Notices

The information provided in this book is for educational purposes only. I am not a doctor and this is not meant to be taken as medical advice.

The information provided in this book is based upon my experiences as well as my interpretations of the current research available.

The advice and tips given in this course are meant for healthy adults only. You should consult your physician to insure the tips given in this course are appropriate for your individual circumstances.

If you have any health issues or pre-existing conditions, please consult with your physician before implementing any of the information provided in this course.

This product is for informational purposes only and the author does not accept any responsibilities for any liabilities or damages, real or perceived, resulting from the use of this information.

Brett Dalton

Workout Routine:

Training Volume:

3-5 days per week

Explanation:

I'm going to program you 3 days of lifting and then devote 2 days to combat training.

I'm going to be stealing the combat training suggestions right from Dalton's co-star [Chloe Bennet's workout](#).

We're also going to be sharing her "Quick Finisher Circuits".

Day One: Pull Day

Warm Up:

Stretch

15-30 min incline walk

Workout:

Deadlift

4×10,8,5,3

Lateral Pulldowns

3×10

Dumbbell Rows

3×10 each arm

Seated Dumbbell Hammer Curls

3×10 each arm

Standing EZ-Bar Curls

3×10

Wide Grip Pull Ups

3×10

Barbell Shrugs

3×10

Quick Finisher Circuit:

3 Rounds for Time:

5 Pull Ups

10 Dips

15 Push Ups

20 Sit Ups

25 Air Squats

Day Two: Mixed Martial Arts and Activity

It's time to get training.

You can use information in [The Academy](#) with Coach Derek, or you can even use some of the routines he has built for us on the site.

Check out: [Moon Knight](#), [Deathstroke](#), [Daredevil](#).

Oh, right, there's also the option to get out there and take a local class as well!

Either way, get active.

Day Three: Push Day

Warm Up:

Stretch

15-30 min incline walk

Workout:

Bench Press

4×10,8,5,3

Arnold Press

3×10

Power Cleans

3×10

Close Grip Bench

3×10

Tricep Cable Pushdown

3×10

Incline Chest Flys

3×10

Single Arm Dumbbell Snatches

3×10 each arm

Quick Finisher Circuit:

3 Rounds for Time:

5 Burpees

10 Dips

15 Plank to Push Ups

20 Sit Ups

25 Air Squats

Day Four: Mixed Martial Arts and Activity

It's time to get training.

You can use information in [The Academy](#) with Coach Derek, or you can even use some of the routines he has built for us on the site.

Check out: [Moon Knight](#), [Deathstroke](#), [Daredevil](#).

Oh, right, there's also the option to get out there and take a local class as well!

Either way, get active.

Day Five: Leg Day

Warm Up:

Stretch

15-30 min incline walk

Workout:

Back Squat

4×10,8,5,3

Leg Press

3×10

Weighted Lunges

3×10 each leg

Assisted Dip Machine Leg Pushdowns

3×10 each leg

Quad/Leg Extension

3×10

Hamstring Curls

3×10

Calf Raises

3×10

Quick Finisher Circuit:

3 Rounds for Time:

5 Pull Ups

10 Dips

15 Push Ups

20 Sit Ups

25 Air Squats