

CHLOE BENNET

WORKOUT ROUTINE



BONUS PDF FILE

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 **SUPERHERO** ⚡ **JACKED** 

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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.

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Chloe Bennet

Workout Routine:

Training Volume:

3-5+ times per week

Explanation:

I'm going to program you three days of circuit training and weights. The martial arts you decide to incorporate on top of that is on you. You're going to need to get active and train if you want to be like Chloe Bennet.

Day One: Lower Body and Glutes

Warm Up:

Stretch

800m jog

Workout:

Back Squats

4×12,10,8,5

Leg Press

3×10

Hamstring Curls

3×10

Quad Extension

3×10

Cable Pullthroughs

3×10

Hip Thrusts

3×10

Assisted Dip Machine Leg Pushdowns

3×10 each leg

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: Upper Body

Warm Up:

Stretch

800m jog

Workout:

Clean and Press

4×12,10,8,5

Bench Press

3×10

Arnold Press

3×10

Skull Crushers

3×10

Shoulder Flys

3×10

Cable Incline Chest Flys

3×10

Dumbbell One Arm 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: Back and Traps

Warm Up:

Stretch

800m jog

Workout:

Deadlift

4×12,10,8,5

Cable Rows

3×10

Dumbbell Curl Step Ups

3×10

Lateral Pulldowns

3×10

Standing EZ-Bar Curls

3×10

Dumbbell Shrugs

3×10

Single Arm Machine Rows

3×10 each arm

Quick Finisher Circuit:

3 Rounds for Time:

5 Pull Ups

10 Dips

15 Push Ups

20 Sit Ups

25 Air Squats