

# DOOMSDAY

## WORKOUT ROUTINE



**BONUS PDF FILE**

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 **SUPERHERO**  **JACKED** 

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# Doomsday

## Workout Routine:

### Training Volume:

4+ days per week

### Explanation:

I'm going to program you 4 days of strength training per week. You're also going to have to make it a priority to eat enough to build mass. Passed that you'll need to also incorporate fighting and mixed martial arts training.

## Day One: Chest and Triceps

### Warm Up:

Stretch

### Workout:

Bench Press

5×12,10,8,5,3

Incline Bench Press

3×10

Overhead Tricep Extension

3×10

Skull Crushers

3×10

Cable Kickbacks

3×10 each arm

Chest Fly Machine

3×10

Machine Decline Press

3×10

## Day Two: Back and Biceps

**Warm Up:**

Stretch

## **Workout:**

Deadlift

5×12,10,8,5,3

Lateral Pulldowns

3×10

Cable Rows

3×10

Preacher Curls

3×10

Cable Hammer Curls

3×10

Chin Ups

3×10

Back Extension

3×10

# Day Three: Shoulder and Traps

## **Warm Up:**

Stretch

## **Workout:**

Military Press

5×12,10,8,5,3

Shoulder Front Raises

3×10

Barbell Shrugs

3×10

Facepulls

3×10

Shoulder Flyes

3×10

Arnold Press

3×10

Dumbbell Shrugs

3×10

## Day Four: Legs and Calves

### **Warm Up:**

Stretch

### **Workout:**

Back Squat

5×12,10,8,5,3

Leg Press

3×10

Hamstring Curls

3×10

Leg Extension

3×10

Weighted Lunges

3×10

Calf Raises

3×10

Cable Pullthroughs

3×10

## Bonus 1-2 Days: Activity 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.