

# HAWKGIRL

## WORKOUT ROUTINE



**BONUS PDF FILE**

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 **SUPERHERO**  **JACKED** 

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# Hawkgirl

## Workout Routine:

### Training Volume:

5 days per week

### Explanation:

I'm programming you a 3 day lifting split which will also include two days in between for mixed martial arts and bodyweight (**calisthenic**) training.

## Day One: Upper Body “Push”

### Warm Up:

Stretch

Jog 800m

### Workout:

Bench Press

5×12,10,8,5,3

Incline Dumbbell Press (or incline machine)

3×10

Arnold Press

3×10

Skull Crushers

3×10

Dumbbell Shoulder Front Raises

3×10 each arm

Dips

3×10

# Day Two: Bodyweight and MMA Training

## **Bodyweight Training:**

150 Push Ups

150 Air Squats

100 Sit Ups

100 Lunges

75 Dips

75 Pull Ups

This can be done as a circuit, split up however you'd like, or each movement one at a time.

**You're also going to want to get some MMA Training in.**

Every hero should know how to defend themselves.

You can utilize training provided by Coach Derek in [The Academy](#), some of his awesome programs on the site ([Daredevil](#), [Deathstroke](#), [Moon Knight](#)), or even take a local class!

## Day Three: Upper Body “Pull”

### **Warm Up:**

Stretch

Jog 800m

### **Workout:**

Deadlift

5×12,10,8,5,3

Dumbbell Seated Hammer Curls

3×10 each arm

Lateral Pulldowns

3×10

Preacher Curls

3×10

Cable Rows

3×10

Chin Ups

3×10

# Day Four: Bodyweight and MMA Training

## **Bodyweight Training:**

150 Push Ups

150 Air Squats

100 Sit Ups

100 Lunges

75 Dips

75 Pull Ups

This can be done as a circuit, split up however you'd like, or each movement one at a time.

**You're also going to want to get some MMA Training in.**

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## Day Five: Lower Body “Legs”

### **Warm Up:**

Stretch

Jog 800m

### **Workout:**

Squat

5×12,10,8,5,3

Hamstring Curls

3×10

Leg Extension

3×10

Cable Pull-throughs

3×10

Weighted Lunges

3×10 each leg

Seated Calf Raises

3×10