

# HENRY SIMMONS

## WORKOUT ROUTINE



**BONUS PDF FILE**

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 **SUPERHERO**  **JACKED** 

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# Henry Simmons

## Workout Routine:

### Training Volume:

3-5+ days per week

### Explanation:

I'm going to program you three days of powerlifting styled strength building, and I will also add in two days of cardio/ activity.

## Day One: Pull and Accessory

### Warm Up:

Stretch

15 min incline walk

### Workout:

Deadlift

5×5

Lateral Pulldowns

3×10

Cable Rows

3×10

Wide Grip Cable Rows

3×10

Face Pulls

3×10

Wide Grip Pull Ups

3×12

## Day Two: Activity or Cardio

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](#).

Also check out the [Parkour Workout](#) (Nightrunner) designed by [Academy](#) member Felix!

## Day Three: Push and Accessory

### **Warm Up:**

Stretch

15 min incline walk

### **Workout:**

Bench Press

5×5

Military Press

5×5

Chest Flys

3×10

Shoulder DB Front Raises

3×10

Incline Chest Press

3×10

Dips

3×15

## Day Four: Activity or Cardio

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.

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## Day Five: Legs and Accessory

## **Warm Up:**

Stretch

15 min incline walk

## **Workout:**

Back Squat

5×5

Leg Press

3×10

Weighted Lunges

3×10

Hack Squat

3×10

Leg Extension

3×10

Hamstring Curls

3×10