

# POISON IVY

## WORKOUT ROUTINE



**BONUS PDF FILE**

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 **SUPERHERO**  **JACKED** 

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# Poison Ivy

## Workout Routine:

### Training Volume:

3-5 days per week

### Explanation:

We're going to be doing circuits and lifts. All at once. The other two days are going to be about mixed martial arts.

## Day One: Pull Day and Circuit

### Warm Up:

Stretch

800m jog

### Workout:

Deadlift

3×10

Cable Rows

3×10

Lateral Pulldowns

3×10

Face Pulls

3×10

Pull Ups (or assisted)

3×10

**Circuit:**

3 Rounds for Time:

5 Burpees

10 Plank to Push Ups

15 Air Squats

10 Mountain Climbers

5 Sit Ups

# Day One: Push Day and Circuit

## **Warm Up:**

Stretch

800m jog

## **Workout:**

Bench Press

3×10

Close Grip Bench

3×10

Skull Crushers

3×10

Arnold Press

3×10

Push Ups

3×10

**Circuit:**

3 Rounds for Time:

5 Pull Ups

10 Leg Raises

15 Jump Squats

10 V-Ups

5 Burpees

## Day Three: Leg Day and Circuit

**Warm Up:**

Stretch

800m jog

**Workout:**

Back Squat

3×10

Cable Pullthroughs

3×10

Hamstring Curls

3×10

Weighted Lunges

3×10

Assisted Dip Machine Leg Pushdowns

3×10

**Circuit:**

3 Rounds for Time:

5 Burpees

10 Pistol Squats

15 Push Ups

10 Dips

5 Box Jumps

## Bonus 1-2 Days: Activity, Parkour 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.