

SHE-HULK

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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She-Hulk

Workout Routine:

Training Volume:

4+ days per week

Explanation:

We're going to be doing a 4 day "powerlifting" style split. I'm also going to program you a day of MMA style and a full body day if you want to step it up a notch on top of this.

Day One: Bench Press Day

Warm Up:

Stretch and Foam Roll

5 min walk

Workout:

Bench Press

5×10,8,5,3,1

Incline Dumbbell Chest Flys

4×12

Dumbbell Tricep Overhead Extension

4×12

Incline Bench Press

4×12

Machine Decline Press

4×12

Cable or Machine Pushdowns

4×12

Day Two: Deadlift Day

Warm Up:

Stretch and Foam Roll

5 min walk

Workout:

Deadlift

5×10,8,5,3,1

Wide Grip Cable Rows

4×12

Hammer Strength Rows

4×12

Lateral Pulldowns

4×12

Face Pulls

4×12

Wide Grip Pullups

4×12

Day Three: Military Press Day

Warm Up:

Stretch and Foam Roll

5 min walk

Workout:

Barbell Military Press

5×10,8,5,3,1

Shoulder Front Raises (DB)

4×12

Shoulder Flys (Cable or DB)

4×12

Power Clean

4×12

Light Arnold Press

4×12

Barbell Shrugs

4×12

Day One: Squat Day

Warm Up:

Stretch and Foam Roll

5 min walk

Workout:

Back Squat

5×10,8,5,3,1

Leg Press

4×12

Hamstring Curls

4×12

Leg Extension

4×12

Weighted Lunges

4×12 each leg

Weighted Step Ups

4×12

Day 5 Bonus: 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.

Also check out programs on the site from Coach Derek here: [Moon Knight](#), [Deathstroke](#), [Daredevil](#).

Day Six: Full Body Day

Warm Up:

Stretch and Foam Roll

5 min walk

Workout:

Dumbbell Bench Press

3×10

Cable Kickbacks

3×10 each arm

Cable Pullthroughs

3×10

Hammer Strength Military Press

3×10

Close Grip Cable Rows

3×10

Preacher Curls

3×10