

BRENTON THWAITES

WORKOUT ROUTINE



BONUS PDF FILE

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 **SUPERHERO** ⚡ **JACKED** 

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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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Brenton Thwaites Workout Routine

Training Volume:

4-5+ days per week

Explanation:

We're going to incorporate bodybuilding, powerlifting, Olympic weightlifting and metabolic conditioning all into one while also remembering how active Thwaites stays on a daily basis.

For HIIT Training:

Do 1 minute on consisting of a sprint, and one minute off consisting of 2.5-3.3 speed walk on the treadmill.

Day One: Back and Biceps

Warm Up:

Stretch

20 minutes of HIIT Training

Workout:

Barbell Deadlift

4×10,8,5,3

Preacher Curls

3×10

Cable Rows

3×10

Dumbbell Hammer Curls

3×10

Lateral Pulldowns

3×10

Concentration Curls

3×10

Chin Ups

3×15

Single Arm Hammer Strength Rows

3×10

Day Two: Shoulders and Traps

Warm Up:

Stretch

20 minutes of HIIT Training

Workout:

Military Press

4×10,8,5,3

Barbell Shrugs

3×10

Power Clean

3×10

One Arm Dumbbell Snatch

3×10

Shoulder Flys

3×10

Dumbbell Front Raises

3×10

Push Ups

3×20

Kettlebell Swings

3×10

Day Three: Legs, Glutes and Calves

Warm Up:

Stretch

20 minutes of HIIT Training

Workout:

Back Squat

4×10,8,5,3

Leg Press

3×10

Weighted Lunges

3×10

Seated Calf Raises

3×10

Cable Pullthroughs

3×10

Hamstring Curls

3×10

Goblet Squats

3×15

Leg Extensions

3×10

Day Four: Chest and Triceps

Warm Up:

Stretch

20 minutes of HIIT Training

Workout:

Barbell Bench Press

4×10,8,5,3

Skull Crushers

3×10

Incline Dumbbell Press

3×10

Seated Dumbbell Tricep Overhead Extension

3×10

Incline Cable Chest Flys

3×10

Cable Pushdowns

3×10

Dips

3×15

Cable Kickbacks (Dumbbell or Cable)

3×10

Day Five: Olympic Lifts and Conditioning

Warm Up:

Stretch

20 minutes of HIIT Training

Workout:

Clean and Press

3×10

Power Snatch

3×10

Front Squats

3×10

Straight Leg Deadlift

3×10

Bodyweight:

Push Ups

3×20

Dips

3×15

Pull Ups

3×10

Bonus Activity: Surfing, MMA, Yoga, and Parkour

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!