

CARNAGE

WORKOUT ROUTINE



BONUS PDF FILE

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 **SUPERHERO**  **JACKED** 

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Carnage Workout Routine

Training Volume:

4-6 days per week

Explanation:

We're talking about Carnage. This routine is pretty brutal. BUT, it's effective and will leave you sore and wanting more. There are 4 days of programmed training, and the other 1-2 days can be added as activity or mixed martial arts training. All heroes should know how to defend themselves.

What you need to know:

A Superset means you're performing those movements back to back. If a movement is part of "Superset 1" it's part of the grouping of movements in that superset and you perform them back to back and then proceed to break and do another set [of those movements] after.

HIIT stands for High Intensity Interval Training. Do one minute ON (sprint 6-10mph) and one minute OFF (walk 2.5-3.3mph) for 25 minutes. That means you go back and forth every minute for the duration. On, off, on, off, etc.

When lifting your initial lifts/compounds (especially), you should be using **pyramid training**.

If this looks familiar at all, it's because it's a combination of Riz Ahmed's routine (from the Venom movie), and Spider-Man's workout.

Day One: Pull

Warm Up:

Stretch

Workout:

Deadlift

6×12,10,5,5,5,3

Lateral Pulldowns

3×10

Hammer Strength Rows

3×10

Preacher Curls

3×10

Face Pulls

3×10

Cable Hammer Curls

3×10

Day Two: HIIT and Cleans

- 10 min HIIT sprints treadmill
- 3X1 min incline sprint-super set 1
- 3X1 min battle ropes slams – super set 1
- Clean: 15, 12, 10, 8, 5
- Ball slams: 3X20-super set 2
- Spider man push up: 3X20-super set 2
- Dips-3Xfailure-super set 2
- BOSU ball squats-3X10
- Pistol squats-3X10 (each)
- Burpees: 3X10-super set 3
- Floor Wipers: 3X20-super set 3
- Tuck Jumps: 3X10-super set 4
- Box jumps: 3X10-super set 4
- Side to Side hops: 3X20-super set 5
- Front to Back hops: 3X20-super set 5
- Heavy Bag: 5 min

Day Three: Push

Warm Up:

Stretch

Workout:

Bench Press

6×12,10,5,5,5,3

Incline DB Press

3×10

Arnold Press

3×10

Shoulder Front Raises (DB)

3×10

Machine Chest Flys

3×10

Decline Hammer Strength

3×10

Day Four: HIIT and Deadlifts

-10 min HIIT sprints treadmill

-3X1 min incline sprint-super set 1

-3X1 min battle ropes slams – super set 1

-Deadlifts: 15, 12, 10, 8, 5

-Ball slams: 3X20-super set 2

-Spider man push up: 3X20-super set 2

-Pull ups: 3Xfailure-super set 2

-Bulgarian Split Squats: 3X10

-Pistol Squats: 3X10 (each)

-Burpees: 3X10-super set 3

-Hanging leg raises: 3X20-super set 3

-Tuck Jumps: 3X10-super set 4

-Box jumps: 3X10-super set 4

-Side to Side hops: 3X20-super set 5

-Front to Back hops: 3X20-super set 5

-Heavy Bag: 5 min

Day Five: Legs

Warm Up:

Stretch

Workout:

Back Squat

6×12,10,5,5,5,3

Leg Press

3×10

Leg Extension

3×10

Hamstring Curls

3×10

Calf Raises

3×10

Step Ups

3×10

Day Six: HIIT and Squats

-10 min HIIT sprints treadmill

-3X1 min incline sprint-super set 1

-3X1 min battle ropes slams – super set 1

-Squats: 15, 12, 10, 8, 5

-Ball slams: 3X20-super set 2

-Spider man push up: 3X20-super set 2

-Chin ups: 3Xfailure-super set 2

-BOSU ball squats-3X10

-Pistol squats-3X10 (each)

-Burpees: 3X10-super set 3

-V-ups: 3X20-super set 3

-Tuck Jumps: 3X10-super set 4

-Box jumps: 3X10-super set 4

-Side to Side hops: 3X20-super set 5

-Front to Back hops: 3X20-super set 5

-Heavy Bag: 5 min

Bonus Training: 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](#).

The [Parkour Workout](#) (Nightrunner) designed by [Academy](#) member Felix!