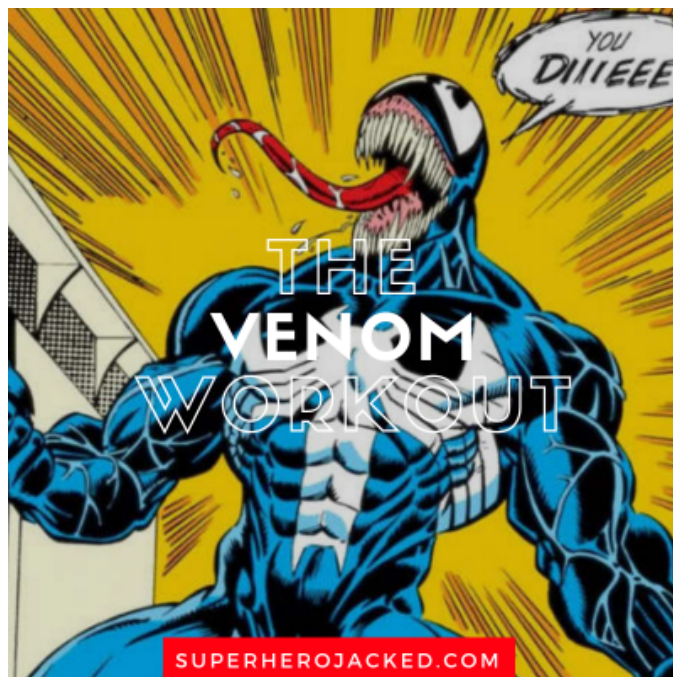


VENOM

WORKOUT ROUTINE



BONUS PDF FILE

By: Mike Romaine

 **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.

If you have any health issues or pre-existing conditions, please consult with your physician before implementing any of the information provided in this course.

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Venom Workout Routine

Training Volume:

4-6 days per week

Explanation:

This routine may look familiar. It's based on Tom Hardy's own workout routine to get insanely jacked! How's that for awesome? I've added in activity days because every hero, villain, anti-hero, and character should be able to defend themselves (and move like a boss)!

Day One: Back and Traps

Deadlifts

10-8-5-5-3-Max

Lateral Pulldowns

3×10

Barbell Shrugs

3×10

Dumbbell Rows

3×10

Wide Grip Barbell Shrugs

3×10

Dumbbell Shrugs

3×10

Cable Rows

3×10

Wide Grip Pull Ups

3×10

Day Two: Chest

Barbell Bench Press

10-8-5-5-3-Max

Push Ups

3×20

Wide Grip Push Ups

3×20

Incline Dumbbell Bench Press

3×10

Dumbbell Flyes

3×10

Cable Flyes

3×10

Incline Cable Flyes

3×10

Dips

3×20

Day Three: MMA, Parkour and Activity

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!

Day Four: Arms

Dumbbell Bicep Curls

3×10

Hammer Curls

3×10

Push Downs (Cable)

3×10

Kick-Backs (Cable)

3×10

Chin Ups

3×10

Dips

3×10

Skull Crushers

5×10

Preacher Curls

5×10

Day Five: Legs and Shoulders

Military Press

10-8-5-5-3-Max

Back Squats

8-5-5-3-Max

Dumbbell Shoulder Raises

3×10

Calf Raises

3×10

Dumbbell Shrugs

3×10

Weighted Lunges

3×10

Leg Press

3×10

Barbell Shoulder Raises

3×10

Day Six: MMA, Parkour and Activity

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