

STAN LEE TRIBUTE WORKOUT ROUTINE



BONUS PDF FILE

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 **SUPERHERO**  **JACKED** 

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Stan Lee Tribute Workout Routine

Stan Lee Tribute Workout Explanation:

This program is in tribute to the great Stan Lee.

It is meant to be intense, and done without breaking (if possible).

You are to complete 21 reps (21-gun salute), followed by 15 reps (15 for Amazing Fantasy 15; Spidey's debut), followed by 9 reps and then 5 reps (95, Stan Lee's age) of each movement listed – basically performing 4 rounds of each at each given rep range.

We could have created a workout impossible to finish by utilizing each of Stan Lee's creations, but instead we decided to create one that touches upon a great handful of them, while still giving you something to add into your current regime as a high intensity Stan Lee tribute.

Rep Scheme (as explained above):

21-15-9-5

The Movements:

Deadlifts for The Hulk's Strength

L-Sit (Hold for Seconds) for Doctor Strange's Meditation

Burpees for Black Widows Endurance

Single Arm Dumbbell Snatches (each arm) for Thor's Hammer
Overhead

Spider-Man Push Ups for Spidey

Weighted Jump Squats for Black Panther's Explosiveness

Forearm Plank (Hold for Seconds) for Hawkeye's Archery
Strength

Final Explanations:

***Again, perform each movement 21 times (or seconds), then
again at 15, 9, and 5, without breaking (if possible).***

*****It's okay to scale these workouts if needed. As it's okay to use
light weight if needed.*****