

BLACK MANTA

WORKOUT ROUTINE



BONUS PDF FILE

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 **SUPERHERO**  **JACKED** 

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BLACK MANTA

WORKOUT ROUTINE

Training Volume:

6+ days per week

Explanation:

So for this one I did some research into Olympic Swimmer's Training. Guys like Michael Phelps! So expect to be training HARD. From what I found they obviously swim a ton, but they also incorporate a decent amount of strength training as well. We'll be utilizing a 3 day split of strength training and a 3 day split devoted to swimming and MMA training to fully round-out the Black Manta character.

Black Manta Workout Day One: Push Day

Warm Up:

Stretch

10 Chin Ups

15 Dips

20 Air Squats

25 Push Ups

Workout:

Bench Press

5×12,10,8,5,3

Close Grip Bench

4×12

Military Press

4×12

Incline Bench Press

4×12

DB Front Raises

4×12 each arm

Power Cleans

4x12

Tricep Cable Pushdowns

4x12

Black Manta Workout Day Two: MMA and Swimming

You've come to the right place for MMA. And, lucky for us, we've even recently seen a great swimming program.

Nathalie Emmanuel shared the program she uses for swimming, which is what I'm going to share again here for you to add in.

It is the Annie Emerson program that she shared on Speedo, which you can find [here](#).

As far as MMA, [Coach Derek](#) has you covered.

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

For some Thai Boxing fun check out [Anna Diop's](#) routine.

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

And the Daredevil workout also has some beginner Parkour as well.

Black Manta Workout Day Three: Pull Day

Warm Up:

Stretch

10 Chin Ups

15 Dips

20 Air Squats

25 Push Ups

Workout:

Deadlift

5×12,10,8,5,3

Lateral Pulldowns

4×12

Face Pulls (Cable)

4x12

Hammer Strength Rows

4x12

Cable Rows Wide-Grip

4x12

Dumbbell Bicep Curls

4x12

Concentration Curls

4x12

Black Manta Workout Day Four: MMA and Swimming

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Black Manta Workout Day Five: Leg Day

Warm Up:

Stretch

10 Chin Ups

15 Dips

20 Air Squats

25 Push Ups

Workout:

Back Squat

5×12,10,8,5,3

Leg Press

4×12

Thrusters

4×12

Hamstring Kickbacks

4×12

Quad Extensions

4×12

Calf Raises

4×12

Box Jumps

4x12

Black Manta Workout Day Six: MMA and Swimming

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