

# MEGA

## WORKOUT ROUTINE



**BONUS PDF FILE**

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 **SUPERHERO** ⚡ **JACKED** 

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# NERA

# WORKOUT ROUTINE

## **Training Volume:**

6+ days per week

## **Explanation:**

Similar to Black Manta's routine, we're going to be training a lot to become one of the strongest DC woman characters. We're going to have 3 days of strength training and 3 days devoted to a swimming program and mixed martial arts.

## **Mera Workout Day One: Push Day**

### **Warm Up:**

Stretch

15-30 minutes of varied HIIT Training

### **Workout:**

Arnold Press

4x12

Close Grip Bench w. Ez-Bar

4×12

Hammer Strength Press

4×12

Incline Bench Press

4×12

Front Raises w/ Weighted Plate

4×12

Thrusters

4×12

Seated Tricep Overhead Extension

4×12

## **Mera 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.\*\**

## Mera Workout Day Three: Pull Day

### Warm Up:

Stretch

15-30 minutes of varied HIIT Training

### Workout:

Light Deadlift

4×12

Hammer Strength Wide Grip Pulldowns

4×12

Face Pulls (Cable)

4x12

Cable Rows

4x12

TRX Row or Chin Ups

4x12

Dumbbell Curl Step Ups

4x12

Preacher Curls

4x12

## Mera Workout Day Four: MMA and Swimming

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# Mera Workout Day Five: Leg Day

## Warm Up:

Stretch

15-30 minutes of varied HIIT Training

## Workout:

Back Squat

4×12

Leg Press

4×12

Squat Cleans

4×12

Hamstring Curls

4×12

Quad Extensions

4×12

Weighted Glute Bridges w/ Bar

4×12

Cable Pull-throughs

4×12

# Mera Workout Day Six: MMA and Swimming

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