

# OMARI HARDWICK

## WORKOUT ROUTINE



**BONUS PDF FILE**

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 **SUPERHERO**  **JACKED** 

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# **Omari Hardwick**

## **Workout Routine:**

### **Training Volume:**

4+ days per week

### **Explanation:**

Hardwick mentions training with a few days a week of high intensity, full body workouts (as much as he can get in, if any), and he also says he hits Vinyasa yoga twice a week, and boxes. So we'll be forming our plan around 2 days of weight training that can be turned into 4, 2 days of yoga, and boxing/MMA programs.

### **Supersets and Circuits:**

Supersets you take a break between each round (or after each full set of all workouts listed), and circuits there is no break until all rounds are completed.

## **Omari Hardwick Full Body Workout Variation One:**

### **Warm Up:**

Stretch

## **Workout:**

### **Superset One:**

A. Dumbbell Bench Press

4x10

B. Overhead Tricep Dumbbell Extension

4x10

C. Dips

4xFailure

### **Superset Two:**

A. Bentover Barbell Rows

4x10

B. Wide Grip Pulldowns

4x10

C. Chin Ups

4xFailure

**Superset Three:**

A. Barbell Squat

4x10

B. Weighted Glute Bridges

4x10

C. Weighted Lunges

4x10 each leg

**Superset Four:**

A. Arnold Press

4x10

B. Dumbbell Front Raises

4x10

C. Dumbbell Shrugs

4x10

# **Omari Hardwick Full Body Workout Variation Two:**

**Warm Up:**

Stretch

**Workout:**

**Superset One:**

A. Dumbbell Chest Flys

4x10

B. Dumbbell Skull Crushers

4x10

C. Standing Incline Dumbbell Chest Flys

4x10

**Superset Two:**

A. Deadlift

4x10

B. T-Bar or Bentover DB Rows

4x10

C. Wide Grip Pulldown Variation

4x10

**Superset Three:**

A. Leg Press

4x10

B. Hamstring Curls

4x10

C. Goblet Squats w/ DB or KB

4x10

**Superset Four:**

A. Standing Overhead Press

4x10

B. Upright BB Rows

4x10

C. Barbell Shrugs

4x10

## Omari Hardwick Yoga and MMA Training:

We know Hardwick includes Vinyasa yoga into his training. While he says he often has a hard time getting to the gym, he also firmly states that he makes it to yoga about twice a week.

This is something to keep in mind. You can take a local class or utilize videos and programming for yoga in The Jedi Path of [The Academy](#).

Hardwick is also big on boxing. Lucky for you, Coach Derek has programmed a ton of mixed martial arts and boxing programs right here on the site.

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.\*\**