

# NICK FURY

## WORKOUT ROUTINE



**BONUS PDF FILE**

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 **SUPERHERO**  **JACKED** 

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# Nick Fury Workout Routine

## Training Volume:

5+ days per week

## Explanation:

For this one we're going to train like we're in the armed forces.

Coach Derek programmed us one similar for the Project X (Wolverine) Workout. This time we're moving up the ranks of the US Army/Marines. Be prepared to incorporate cardio, bodyweight movements, and more.

I'm also including mixed martial arts and parkour programming from Coach Derek and Felix for you to fit into your training as well. This can be used as a bonus for your off days, or added in on top of your training.

**Use the Marines Physical Fitness Test provided if you'd like to see where you stand!**

*This workout is provided by [Bodybuilding.com](http://Bodybuilding.com) and was created and chosen as the best Army/Marine workout in a competition created amongst members.*

Before each workout be sure to lightly stretch and warm-up for at least 5 minutes.

## **Monday:**

3 sets of the following circuit of exercises:

- Pull-ups – Perform as many as possible. If a single is not possible substitute a flexed arm hang for as long as it can be held. Rest 1 minute.
- Crunches – Attempt as many as possible, up to 100. Use a slow, controlled tempo. Rest 1 minute.
- Pushups – Do as many as possible. Rest 1 minute.

## **Tuesday:**

Run for 1.5 miles at a steady and comfortable pace. Cool down walk for 5 minutes.

## **Wednesday:**

3 sets of the following circuit of exercises:

- Chin-Ups – Perform as many as possible. If a single is not possible substitute a flexed arm hang for as long as it can be held. Rest 1 minute.
- Crunches – Attempt as many as possible, up to 100, done with a quick tempo. Rest 1 minute.
- Wide Hand Position Pushups – As many as possible. Rest 1 minute.

## **Thursday:**

- Run for a quarter mile at a quick pace that leaves you winded. Continue walking for 1 minute.
- Run for a half mile at a fast pace that leaves you winded. Continue walking for 2 minutes.

- Run for a quarter mile at a quick pace that leaves you winded. Cool down walk for 5 minutes.

## **Friday:**

3 sets of the following circuit of exercises:

- V-Bar+Pullup – Perform as many as possible. If a single is not possible substitute a flexed arm hang for as long as it can be held. Rest 1 minute.
- Decline Crunches – Continue to perform until another full rep is not possible. Rest 1 minute.
- Close Hand Position Pushups – Do as many as possible. Rest 1 minute.

## **Saturday:**

Walk, hike or jog at the quickest pace possible to travel either a distance of 3 miles, 5 miles or 10 miles. Incorporate hills and inclines into the exercise.

## **Sunday:**

3 sets of the following circuit of exercises:

- Pullups – Perform as many as possible. If a single is not possible substitute a flexed arm hang for as long as it can be held. Rest 1 minute.
- Decline Reverse Crunch – Continue to perform until another full rep is not possible. Rest 1 minute.
- Push-Ups With Feet Elevated – As many as possible. Rest 1 minute.

## **Mixed Martial Arts Training:**

Check out MMA 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 also has bodyweight programming attached to it you should be utilizing on this day.

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

## Physical Fitness Test:

Also noteworthy are those Marines able to complete the Physical Fitness Test with a perfect score. This would entail the following achievements:

### **Males Must:**

- Run 3 miles within 18 minutes
- Perform 20 pull-ups
- Do 100 crunches in 2 minutes

### **Females Must:**

- Run 3 miles within 21 minutes
- Perform a flexed arm hang for 70 seconds
- Do 100 crunches in 2 minutes