

# SHAZAM!

# WORKOUT ROUTINE



Bonus PDF File  
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# SHAZAM!

# WORKOUT ROUTINE

Training Volume:

5+ days per week

Explanation:

I'm giving you a 5 day training split. We'll be powerbuilding for this one. We're looking to unlock some powers, get strong, AND get the physique. Feel free to add in extra mixed martial arts training from Coach Derek if you plan on trying to save the world anytime soon.

## Day One: Chest and Triceps

Bench Press

5×3-5

Close Grip Bench Press

3×6-8

Incline Bench Press (DB or BB)

3×6-8

Dumbbell Bench Press

3×6-8

**Dumbbell Flys**

**3×6-8**

**Seated Overhead Tricep Extension**

**3×8-10**

**Cable Pushdowns**

**3×8-10**

## **Day Two: Back and Traps**

**Rack Pulls**

**5×3-5**

**Barbell Shrugs**

**3×4-6**

**T-Bar Rows**

**3×6-8**

**Lateral Pulldowns**

**3×8-10**

**Cable Rows**

**3×8-10**

**Dumbbell Shrugs**

**3×8-10**

## **Day Three: Quads and Calves**

**Squats**

**5×3-5**

**Leg Press**

**3×8-10**

**Quad/Leg Extension**

**3×10-12**

**Leg Press Calf Raise**

**3×10-15**

**Seated Calf Raise**

**3×6-8**

## **Day Four: Shoulders and Biceps**

**Barbell Press (Seated or Standing)**

**5×3-5**

**Seated Arnold Press**

**3×6-8**

**Dumbbell Lateral Raises**

**3×8-10**

**Dumbbell Front Raises**

**3×8-10**

**Dumbbell Bicep Curls**

**3×8-10 each arm**

**Cable Preacher Curls**

**3×6-8**

**Concentration Curls**

**3×6-8 each arm**

## **Day Five: Deadlifts and Hamstrings**

**Deadlift**

**5×3-5**

**Hamstring Curls**

**3×8-10**

**Cable Pullthroughs**

**3×6-8**

**Dumbbell Romanian Deadlifts Light**

**3×8-10**

**Bulgarian Split Squat Light**

**3×8-10 each leg.**

## **Optional Mixed Martial Arts Training**

*Choose a mixed martial arts program below:*

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.\*\****