

# MISS MARTIAN WORKOUT ROUTINE



Bonus PDF File  
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# MISS MARTIAN WORKOUT ROUTINE

## Training Volume:

5+ days per week

## Explanation:

For this one you'll be training 5 days a week, 3 of which are weightlifting and explosiveness, and 2 of which are bodyweight and cardio. The additional mixed martial arts training will be with [Coach Derek's](#) programming that I provide below. Sorry, Black Canary is busy.

## Miss Martian Workout Day One: Chest, Triceps and Shoulders

### Warm Up:

Stretch or Meditation/Yoga

### Workout:

#### Superset One:

Seated Arnold Press

3×10

Upright Rows

3×10

### **Superset Two:**

Incline Dumbbell Press

3×10

Incline Chest Flys

3×10

### **Superset Three:**

Cable Pushdowns

3×10

Cable Overhead Extensions

3×10

### **Final Blowout Supetset:**

Push Ups

3×20

Dips

3×10

## **Miss Martian Day Two: Bodyweight Circuit and Cardio**

**Warm Up:**

Stretch or Meditation/Yoga

Jog 2-3 miles

**Workout:**

5 Round Circuit (take a 2-5 min break as needed between rounds):

10 Pull Ups

20 Dips

25 Push Ups

30 Air Squats

## **Miss Martian Day Three: Back and Biceps**

**Warm Up:**

Stretch or Meditation/Yoga

**Workout:**

**Superset One:**

KB Deadlifts

3×10

KB One Arm Bent Over Rows

3×10

**Superset Two:**

Preacher Curls

3×10

Hammer Curls w/ DB

3×10

**Superset Three:**

Lateral Raises

3×10

Shrugs

3×10

**Final Blowout Superset:**

Push Ups

3×20

Chin Ups

3×10

## **Miss Martian Day Four: Bodyweight Circuit and Cardio**

**Warm Up:**

Stretch or Meditation/Yoga

Jog 2-3 miles

**Workout:**

5 Round Circuit (take a 2-5 min break as needed between rounds):

10 Pull Ups

20 Dips

25 Push Ups

30 Air Squats

## **Miss Martian Day Five: Legs and Explosiveness**

**Warm Up:**

Stretch or Meditation/Yoga

**Workout:**

**Superset One:**

Goblet Squats

3×10

Kettlebell Swings

3×10

**Superset Two:**

DB Lunges

3×10

Glute Bridges

3×10

**Superset Three:**

Hamstring Curls

3×10

Dip Machine Leg Pushdowns

3×10

**Final Blowout Superset:**

Jumping Lunges

3×20

Jump Squats

3×10

## **Miss Martian Workout: Mixed Martial Arts Training**

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

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. \*\**