

SUPERBOY WORKOUT ROUTINE



Bonus PDF File
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The information provided in this book is based upon my experiences as well as my interpretations of the current research available.

The advice and tips given in this course are meant for healthy adults only. You should consult your physician to insure the tips given in this course are appropriate for your individual circumstances.

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SUPERBOY WORKOUT ROUTINE

Training Volume:

4-6 days per week

Explanation:

For this one we're going to focus in on "super strength" and "super leap". We're going to be doing a four day strength building split, and then I'll also be giving you the option to add in 2 addition days devoted to MMA (unless of course you also decide to add it in on top of your training).

Superboy Workout Routine Day One: Chest and Triceps

Warm Up:

Stretch

10-15 minute jog

Workout:

Bench Press

5×5

Close Grip Bench Press

4×6,8,10,12

Incline Bench Press

4×6,8,10,12

Chest Flyes

3×12

Overhead Tricep Extension

3×12

Weighted Dips

3×12-15

Superboy Workout Routine Day Two: Back and Biceps

Warm Up:

Stretch

10-15 minute jog

Workout:

Deadlift

5×5

Bicep Curls (BB or EZ Bar)

4×6,8,10,12

Bent Over Rows

4×6,8,10,12

Hammer Curls (DB or Cable)

3×12

Wide Pulldowns

3×12

Weighted Chin Ups

3×5-10

Superboy Workout Routine Day Three: Shoulders, Traps and Delts

Warm Up:

Stretch

10-15 minute jog

Workout:

Military Press

5×5

Barbell Shrugs

4×6,8,10,12

Upright Rows

4×6,8,10,12

Face Pulls

3×12

Shoulder Front Raises

3×12

Lateral Raises DB

3×12-15

Superboy Workout Routine Day Four: Legs and Calves

Warm Up:

Stretch

10-15 minute jog

Workout:

Back Squats

5×5

Seated Calf Raise

4×6,8,10,12

Hamstring Curls or Kickbacks

4×6,8,10,12

Quad/Leg Extension

3×12

Box Jumps w/ Increasing Height

3×12

Weighted Jumping Lunges

3×12-15

Superboy Workout Routine: Additional Mixed Martial Arts and Parkour

If you want to step your game up and start training with mixed martial arts, these are some of the programs Coach Derek has created for us outside of [The Academy](#) to do so.

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. ***