

VANDAL SAVAGE WORKOUT ROUTINE



Bonus PDF File
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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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VANDAL SAVAGE WORKOUT ROUTINE

Training Volume:

6 days per week

Explanation:

For this one we're going to be doing 3 days of strength training and 3 days of endurance and speed training. I'll give you a workout schedule to start in order to help you get an idea of your training.

Vandal Savage Workout Routine Schedule

Monday: Push Day Strength Training

Tuesday: 1.5 mile run and speed training

Wednesday: Pull Day Strength Training

Thursday: 3-5 mile run

Friday: Leg Day Strength Training

Saturday: 1.5 mile run and speed training

Sunday: Rest

Vandal Savage Workout Routine: Push Day

Warm Up:

10-15 minute walk or row

Compounds w/ Reverse Pyramid Training

Barbell Bench Press

4×4,6,8,12

Seated Military Press

4×4,6,8,12

Accessory Work w/ Straight Sets

Shoulder Front Raises w/ Cable or Dumbbells

4×12

Cable Flyes

4×12

Incline DB Press

4×12

Lateral Raises

4×12

Vandal Savage Workout Routine: Pull Day

Warm Up:

10-15 minute walk or row

Compounds w/ Reverse Pyramid Training

Deadlifts

4×4,6,8,12

Weighted Chin Ups

4×4,6,8,12

Accessory Work w/ Straight Sets

Lateral Pulldowns

4×12

T-Bar Rows

4×12

Bicep Curls (EZ Bar or Dumbbells)

4×12

Hammer Curls (Dumbbells or Cables)

4×12

Vandal Savage Workout Routine: Leg Day

Warm Up:

10-15 minute walk or row

Compounds w/ Reverse Pyramid Training

Back Squats

4×4,6,8,12

Leg Press

4×4,6,8,12

Accessory Work w/ Straight Sets

Weighted Lunges

4×12

Seated Calf Raises

4×12

Hamstring Curls or Kickbacks

4×12

Leg/Quad Extensions

4×12

Vandal Savage Workout: Speed Training

Running Speed Circuit:

- Run 4 sets of 400m dash at race speed
- 20 bench step ups
- Run 800m at race speed
- 20 squats per leg
- Run 8 sets of 200m dash with 1min rest in between
- 20 stride step ups per leg
- Run 8 sets of 100m dash, with 15 seconds rest in between
- 25m single leg forward hops

- Run for 6mins, doing easy paces and race paces every half min
- Plank for 1min
- Run 4 sets of 400m, with 2min rest in between.

Overall Speed Circuit:

Increase intensity by increasing rounds completed

- 60 Second Battle Rope
- 20 bench step ups
- Run 800m at race speed
- 20 squats per leg
- 50m Tire Flips
- 20 stride step ups per leg
- Run 8 sets of 100m dash, with 15 seconds rest in between
- 25m single leg forward hops
- 50m Farmer's Walk
- 20 kettlebell swings
- Run 4 sets of 400m, with 2min rest in between.

Vandal Savage Workout Routine: Bonus Mixed Martial Arts Training

Also consider adding in some mixed martial arts training to really step your SuperHuman training up a notch.

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.