

QUEEN MAEVE WORKOUT ROUTINE



Bonus PDF File
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QUEEN MAEVE WORKOUT ROUTINE

Training Volume:

6 days per week

Explanation:

We're going to have to cover A LOT of powers for this one. During Homelander's we really focused on strength, but for this one I want to emphasize the fact that Queen Maeve is so diversified with her powers that we have to train to make that happen if we want to even come close. We'll be focusing on 3 strength days and light endurance work, 3 days of intensity, core and bodyweight, and then mixed martial arts will have to be added in on top if you really want to step it up a notch.

Queen Maeve Workout: Training Schedule

Monday: Strength w/ Bench and Overhead Focus

Tuesday: Bodyweight, Intensity and Core

Wednesday: Strength w/ Deadlift and Power Clean Focus

Thursday: Bodyweight, Intensity and Core

Friday: Strength w/ Squat Focus

Saturday: Bodyweight, Intensity and Core

Sunday: Off Day (Rest!)

Queen Maeve Workout Day One: Strength w/ Bench and Overhead Focus

Light Endurance Work and Warm Up:

20-30 Minute Jog

Main Compounds:

Bench Press

4×12

Overhead Press

4×12

Full Body:

Leg Curls

3×10

T-Bar Rows

3×10

Tricep Cable Kickbacks

3×10

Hammer Curls on Cable

3×10

Queen Maeve Workout Day Two: Bodyweight, Intensity, and Core

Warm Up:

10 Minute Incline Walk

Calisthenics/Bodyweight

Complete all in a row, broken down into sets, or as a superset/circuit of your own choice.

100 Donkey Kicks each Leg

200 Push Ups

300 Air Squats

Intensity Circuit:

3 Rounds for Time:

Rep Scheme:

Round One: 21 reps each movement

Round Two: 15 reps each movement

Round Three: 9 reps each movement

Movements:

Barbell Thrusters (sub dumbbells if needed)

Pull Ups

Core Finisher:

Sit Ups

4x25

Hanging Leg Raises

4x15

Planks

3x60 seconds

Queen Maeve Workout Day Three: Strength w/ Deadlift and Clean Focus

Light Endurance Work and Warm Up:

20-30 Minute Jog

Main Compounds:

Deadlift

4x12

Power Clean

4×12

Full Body:

Quad Extensions

3×10

Chest Flyes

3×10

Tricep Overhead Extension

3×10

Preacher Curls

3×10

Queen Maeve Workout Day Four: Bodyweight, Intensity, and Core

Warm Up:

10 Minute Incline Walk

Calisthenics/Bodyweight

Complete all in a row, broken down into sets, or as a superset/circuit of your own choice.

100 Donkey Kicks each Leg

200 Push Ups

300 Air Squats

Intensity Circuit:

3 Rounds for Time:

Rep Scheme:

Round One: 21 reps each movement

Round Two: 15 reps each movement

Round Three: 9 reps each movement

Movements:

Squat Cleans w/ Barbell (sub dumbbells if needed)

Ring Dips (sub regular dips or chair dips if needed)

Core Finisher:

Sit Ups

4x25

Hanging Leg Raises

4x15

Planks

3×60 seconds

Queen Maeve Workout Day Five: Strength w/ Squat and Leg Press Focus

Light Endurance Work and Warm Up:

20-30 Minute Jog

Main Compounds:

Squat

4×12

Leg Press

4×12

Full Body:

Face Pulls

3×10

Incline DB Bench Press

3×10

Tricep Cable Pushdowns

3×10

Shoulder Front Raises w/ Cable or DB

3×10

Queen Maeve Workout Day Six: Bodyweight, Intensity, and Core

Warm Up:

10 Minute Incline Walk

Calisthenics/Bodyweight

Complete all in a row, broken down into sets, or as a superset/circuit of your own choice.

100 Donkey Kicks each Leg

200 Push Ups

300 Air Squats

Intensity Circuit:

3 Rounds for Time:

Rep Scheme:

Round One: 21 reps each movement

Round Two: 15 reps each movement

Round Three: 9 reps each movement

Movements:

Deadlifts

Handstand Push Ups (sub pike push ups or bodyweight rows if needed)

Core Finisher:

Sit Ups

4×25

Hanging Leg Raises

4×15

Planks

3×60 seconds