# 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	U	p	•
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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:

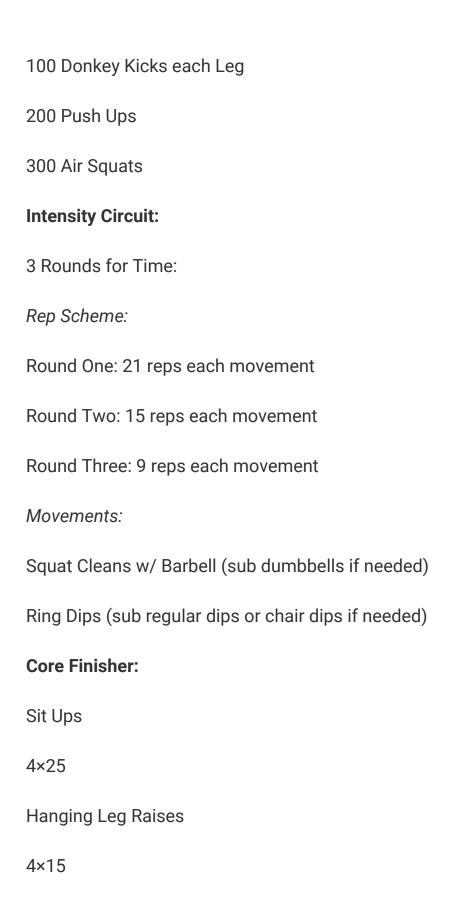
Round One: 21 reps each movement

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
4×25
Hanging Leg Raises
4×15
Planks
3×60 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
4×12

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.**



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

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