

DOCTOR MANHATTAN WORKOUT ROUTINE



Bonus PDF File

By: Mike Romaine

Copyright Notice

No part of this report may be reproduced or transmitted in any form whatsoever, electronic, or mechanical, including photocopying, recording, or by any informational storage or retrieval system without expressed written, dated and signed permission from the author. All copyrights are reserved.

Disclaimer and/or Legal Notices

The information provided in this book is for educational purposes only. I am not a doctor and this is not meant to be taken as medical advice.

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.

If you have any health issues or pre-existing conditions, please consult with your physician before implementing any of the information provided in this course.

This product is for informational purposes only and the author does not accept any responsibilities for any liabilities or damages, real or perceived, resulting from the use of this information.

DOCTOR MANHATTAN WORKOUT ROUTINE

Training Volume:

5 days per week

Explanation:

This one is going to be intense. Even though we're not specifically training to be overpowered like Doctor Manhattan, we ARE training to essentially become chiseled like a Greek God. Prepare for high volume and intensity. Pair this with a good diet and be prepared for the shred.

Want To Upgrade This Workout?

[The Superhero Academy](#) now comes with an [Upgrade Your Workout Tool](#) that allows Academy members to turn any SHJ workout into a 4-8 week fully planned regime detailing exact weights to lift and including reverse & tradition pyramid training, straight sets, super sets, progressive overload and more.

Doctor Manhattan Workout: Sample Workout Schedule

Monday: Bench, Core and Circuit

Tuesday: Deadlift, Core and Circuit

Wednesday: Military Press, Core and Circuit

Thursday: Squats, Core and Circuit

Friday: Clean & Press and Murph Challenge

Saturday: Rest Day

Sunday: Optional Added Cardio (Preferably HIIT or Long Distance)

Doctor Manhattan Workout Day One: Bench Press

Warm Up:

10 minutes of run or row

Bodyweight Warm Up:

3×10 Pull Ups

3×10 Dips

3×15 Air Squats

3×20 Push Ups

Workout:

Bench Press

5×12,8,5,5,5

Farmer's Carry

5×50 yds.

Core:

3 Rounds of Each (Can be Done as a Superset or Circuit)

25 Hanging Leg Raises

20 Sit Ups

60 Second Plank

Finisher:

Three rounds for time:

400m run

21 kettlebell swings at 53 pounds

12 pullups (band-supported if needed)

Doctor Manhattan Workout Day Two: Deadlift**Warm Up:**

10 minutes of run or row

Bodyweight Warm Up:

3×10 Pull Ups

3×10 Dips

3×15 Air Squats

3×20 Push Ups

Workout:

Deadlift

5×12,8,5,5,5

Sled Pushes

5×50 yds.

Core:

3 Rounds of Each (Can be Done as a Superset or Circuit)

25 Lying Leg Raises

25 Flutter Kicks

20 Cable Crunches

30 Russian Twists

Finisher:

Three rounds, one-minute per exercise, with one-minute rest between rounds:

Wall balls at 20 pounds with 10-foot target

Sumo deadlift high-pull at 75 pounds

20-inch box jumps

Push-press at 75 pounds

Rowing machine

Doctor Manhattan Workout Day Three: Military Press

Warm Up:

10 minutes of run or row

Bodyweight Warm Up:

3×10 Pull Ups

3×10 Dips

3×15 Air Squats

3×20 Push Ups

Workout:

Military Press

5×12,8,5,5,5

Kettlebell Swings

5×12

Core:

3 Rounds of Each (Can be Done as a Superset or Circuit)

26 Hanging Knee Raises w/ Twist

20 Sit Ups w/ Twist

30 Second Side Planks (Each Side)

Finisher:

21/15/9 reps for time:

Thrusters at 95 pounds

Pullups

Doctor Manhattan Workout Day Four: Squats

Warm Up:

10 minutes of run or row

Bodyweight Warm Up:

3×10 Pull Ups

3×10 Dips

3×15 Air Squats

3×20 Push Ups

Workout:

Back Squats

5×12,8,5,5,5

Sled Pushes

5×50 yds.

Core:

3 Rounds of Each (Can be Done as a Superset or Circuit)

25 Hanging Leg Raises

20 V-Ups

60 Second Weighted Planks

Finisher:

For time:

150 wall balls at 20 pounds with 10-foot target (stopping before complete failure)

Target times:

Level 1: 8:00-10:00

Level 2: 5:00-8:00

Level 3: 4:00-5:00

Elite: < 4:00

Doctor Manhattan Workout Day Five: Clean and Press

Warm Up:

10 minutes of run or row

Workout:

Clean and Press

3×5

Turkish Get Ups

3×5

Finisher:

For time:

1-mile run

100 pullups

200 pushups

300 air squats

1-mile run