

# THE COMEDIAN WORKOUT ROUTINE



Bonus PDF File  
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# THE COMEDIAN WORKOUT ROUTINE

## Training Volume:

6 days per week

## Explanation:

We're not just going for strong. We're not just going for explosive. We're not just going for high endurance. We're going for ALL of it. We need to be strong, agile, and monstrous all in one. Get ready.

## 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.

## The Comedian Workout: Sample Workout Schedule

**Monday:** Cardio Warm Up, Bench Day and Circuit

**Tuesday:** Cardio Warm Up, Deadlift Day and Circuit

**Wednesday:** Long Distance Cardio and Calisthenics

**Thursday:** Cardio Warm Up, OHP Day and Circuit

**Friday:** Cardio Warm Up, Squat Day and Circuit

**Saturday:** Murph Challenge

**Sunday:** Rest Day

## **The Comedian Workout: Bench Day**

### **Warm Up:**

1600m Jog

### **Compound:**

Bench Press

5×5

### **Workout:**

Decline Hammer Strength

3×10

Close Grip Bench Press

3×10

Reverse Grip Cable Pushdowns

3×10

Weighted Dips

4×8

Plank to Push Ups

3×20

**Circuit:**

3 Round for Time:

*\*\*Break 1 Minute Between Rounds\*\**

10 Double Unders

25 Incline Hex Press

20 Push Ups

15 Dips

10 Incline DB Press

Battle Ropes to Failure

**The Comedian Workout: Deadlift Day**

**Warm Up:**

1600m Jog

**Compound:**

Deadlift

5×5

**Workout:**

Bent Over Rows w/ Barbell

3×10

Barbell Shrugs

3×10

Dumbbell Shrugs (Or Machine)

3×10

Weighted Chin Ups

4×8

Preacher Curls

5×10

**Circuit:**

4 Round for Time:

*\*\*Break 1 Minute Between Rounds\*\**

20 Lateral Pulldowns

20 Rows (Cable or 10 Each Arm w/ DB)

20 Straight Arm Pushdown

50 Meter Farmers Carry

## **The Comedian Workout: Long Distance Cardio & Calisthenics**

### **Warm Up:**

Walk/Jog

### **Workout:**

Run 3-5 Miles

### **Calisthenics Portion:**

Push Ups: 150

Air Squats: 150

Pull Ups: 75

Dips: 75

## **The Comedian Workout: OHP Day**

### **Warm Up:**

1600m Jog

### **Compound:**

Overhead Press (Standing w/ Barbell)

5×5

**Workout:**

Seated Alternating DB Front Raise

3×10

EZ Bar or Barbell Upright Row

3×10

Hammer Straight Press LIGHT

3×10

Power Cleans

4×8

Lateral Raises

3×20

**Circuit:**

3 Round for Time:

*\*\*Break 1 Minute Between Rounds\*\**

25 Kettlebell Swings

20 Thrusters w/ DB



15 Snatches w/ Bar

Push Ups to Failure

## **The Comedian Workout: Squat Day**

### **Warm Up:**

1600m Jog

### **Compound:**

Back Squat

5×5

### **Workout:**

Leg Press

3×10

Straight Leg Deadlift

3×10

Weighted Side Lunges

3×10

Seated Calf Raises

4×20

Barbell Step Ups

3×20 (10 Each Leg)

**Circuit:**

5 Round for Time:

*\*\*Break 1 Minute Between Rounds\*\**

50 Meter Sled Push

20 Weighted Lunges (10 Each Leg)

20 Box Jumps

50 Meter Sled Pull

**The Comedian Workout: The Murph Challenge**

**Complete for Time:**

*\*\*Wearing a 20 lb. Weighted Vest or Body Armor\*\**

1 Mile Run

100 Pull Ups

200 Push Ups

300 Squats

1 Mile Run