

# VAMPIRELLA WORKOUT ROUTINE



Bonus PDF File  
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# VAMPIRELLA WORKOUT ROUTINE

## Training Volume:

4+ days per week

## Explanation:

I'm going to be building you an Upper/Lower Body Split that will involve 2 upper body training days per week, and 2 lower body training days per week. I will also be programming you a specific core workout and cardio workout for extra fat burn as well. Both these additions can be added in on top of your training, or on separate days.

## 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.

## Vampirella Workout: Sample Workout Schedule

**Monday:** Upper Body Day A

**Tuesday:** Lower Body Day A

**Wednesday:** Off Day or Extra Core and/or Cardio

**Thursday:** Upper Body Day B

**Friday:** Lower Body Day B

**Saturday:** Off Day or Extra Core and/or Cardio

**Sunday:** Off Day or Extra Core and/or Cardio

## **Vampirella Workout: Upper Body Day A**

### **Warm Up:**

Walk 800m

Jog 800m

### **Workout:**

Incline Hammer Strength Press

3×10

Dips (or Dip Machine)

3×10

Assisted Chin Ups

3×10

Kettlebell Swings

3×10

Cable Rows

3×10

Dumbbell Pullovers

3×10

**Optional:**

Add in Cardio and/or Abs

**Vampirella Workout: Lower Body Day A**

**Warm Up:**

Walk 800m

Jog 800m

**Workout:**

Landmine Squats

3×10

Dip Machine Leg Pushdowns

3×10

Donkey Kicks w/ Band

3×10

Hip Extension w/ Stability Ball

3×10

Glute Bridges w/ Dumbbell or Barbell

3×10

Weighted Step Ups

3×10

**Optional:**

Add in Cardio and/or Abs

**Vampirella Workout: Upper Body Day B**

**Warm Up:**

Walk 800m

Jog 800m

**Workout:**

Wide Grip Lateral Pulldown

3×10

Bent Over Lateral Raises

3×10

Cable Kickbacks

3×10 each arm

Chest Flyes (Machine or Cable)

3×10

Alternating Dumbbell Front Raises

3×10 each arm

Plank to Push Ups

3×10

**Optional:**

Add in Cardio and/or Abs

## **Vampirella Workout: Lower Body Day B**

**Warm Up:**

Walk 800m

Jog 800m

**Workout:**

Goblet Squats w/ Dumbbell or Kettlebell

3×10

Barbell Lunges

3×10 each leg

Straight Leg Deadlifts with Dumbbells

3×10

Hamstring Kickbacks

3×10

Leg Extensions (Quads)

3×10

Box Jumps

3×10

**Optional:**

Add in Cardio and/or Abs

## **Vampirella Workout: Abs and/or Cardio**

**Ab Variation One:**

Hanging Leg Raises

3×20

Cable Crunches

3×20



Forearm Planks

3×60 seconds

**Ab Variation Two:**

Hanging Knee Raises w/ Twist

3×20

Sit Ups w/ Twist

3×20

Side Planks

3×30 seconds each side

**Cardio Options:**

There are tons of cardio options all over the site, but generally my favorites to recommend are High Intensity Interval Training or just Basic Steady Cardio.

*Here's how I format each...*

**HIIT Formatting and Options:**

*Format:*

- 1 Minute ON: Sprint or High Intensity for all 60 seconds
- 1 Minute OFF: Cooldown, Lower Intensity and Difficulty
- Rinse and Repeat

*Options:*

- Bike
- Treadmill
- Rower
- Airdyne

### **Steady Cardio Formatting and Options:**

*Format:*

My preferred format is varying all my cardio by doing each one for 10-20 minutes each until I reach 45-60 minutes total.

*Options:*

- High Incline Treadmill Walk
- Treadmill Steady Jog
- Elliptical
- Bike Moderate Intensity
- StairMaster
- Rower