

# SETT

# WORKOUT ROUTINE



Bonus PDF File  
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# SETT WORKOUT ROUTINE

## Training Volume:

5 days per week

## Explanation:

As I mentioned above we're going to be combining a few different goals here. We want to focus in on fat loss in order to get (or stay) shredded like Sett, but we also want to get extremely strong, while having the endurance of a fighter. We've seen Mike Tyson use almost entirely calisthenics work to get JACKED, and we all know his legend as a fighter; so we're going to still to high volume calisthenics mixed with some extra strength, core, and endurance work.

## 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.

## Sett Workout Routine: Sample Workout Schedule

**Monday:** Upper Body and Core

**Tuesday:** Lower Body and HIIT

**Wednesday:** Endurance Work

**Thursday:** Upper Body and HIIT

**Friday:** Upper Body and Core

**Saturday:** Active Rest Day

**Sunday:** Mandatory Rest Day

## **Sett Workout Routine: Upper Body and Core**

### **Calisthenics Circuit – Complete 5 Rounds**

- 10 Clap Push Ups
- 5 Plank to Push Ups
- 10 Dips
- 5 Wide Grip Pull Ups
- 10 Wide to Close Push Ups
- 5 Goblet Squats w/ 3 Second Pause
- 10 Double Unders
- 5 Hanging Leg Raises

### **Core Work:**

*3 Round Triset*

30 Lying Leg Raises

25 V-Ups

20 Flutter Kicks

60 Second Plank

## **Sett Workout Routine: Lower Body and HIIT**

### **Lower Body Work:**

Dumbbell Deadlifts

3×10

Kettlebell Goblet Squats

3×10

Weighted Lunges

3×10

Wall Sits

3×60 seconds

### **High Intensity Interval Training:**

30 Minutes of “On and Off” Sprints

- 1 Minute ON: Sprint 60 Seconds
- 1 Minute OFF: Walk 60 Seconds
- Rinse and Repeat

## **Sett Workout Routine: Endurance Work**

**For your endurance work you have two different options:**

1. Run

- For your run we'll build on different levels from Beginner-Advanced. Levels will be shared below.
2. Jump Rope Endurance Circuit
- The second option is a jump rope circuit I shared on Darth Maul's workout routine. Full circuit will be shared below.

### **Levels for Running:**

- Beginner: 1-3 Mile Run
- Intermediate: 3-5 Mile Run
- Advanced: 5+ Mile Run

### **Jump Rope Circuit: Complete 5 Rounds**

- 30 Jump Ropes
- 20 Air Squats
- 30 Jump Ropes
- 20 Plank Shoulder Taps
- 30 Jump Ropes
- 20 Plank to Push Ups
- 30 Jump Ropes
- 20 Sit Ups

### **Sett Workout Routine: Upper Body and HIIT**

#### **Upper Body Work:**

Push Ups

4x25

Dips

4x20

Kettlebell Swings

4x15

Pull Ups

4x10

L-Sit Hold

4x30 Seconds

### **High Intensity Interval Training:**

30 Minutes of "On and Off" Sprints

- 1 Minute ON: Sprint 60 Seconds
- 1 Minute OFF: Walk 60 Seconds
- Rinse and Repeat

## **Sett Workout Routine: Lower Body and Core**

### **Calisthenics Circuit – Complete 5 Rounds**

- 25 Goblet Squats
- 20 Box Jumps
- 15 Glute Bridges
- 10 Jumping Lunges each leg

- 5 Pistol Squats each leg

**Core Work:**

*3 Round Triset*

30 Bicycle Crunches

25 Lying Leg Raises w/ Hip Thrust

20 Toe Touches

60 Second Plank