

# DOOMFIST WORKOUT ROUTINE



Bonus PDF File  
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# DOOMFIST WORKOUT ROUTINE

## Training Volume:

5+ days per week

## Explanation:

We're going to be lifting HEAVY three days a week and then working towards speed and strength 2 days a week with full body training and circuits; and mobility, parkour and MMA 1-2 days a week on top of that using the resources we have right here on the site.

## 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.

## Doomfist Workout: Sample Workout Schedule

**Monday:** Strength Training A: Push Day Chest, Triceps and Shoulders

**Tuesday:** Full Body Circuits and Intensity (or Sub Parkour and MMA)

**Wednesday:** Strength Training B: Pull Day Back and Biceps

**Thursday:** Full Body Circuits and Intensity (or Sub Parkour and MMA)

**Friday:** Strength Training C: Leg Day Legs, Calves and Explosiveness

**Saturday:** Active Rest Day (Movements and/or Parkour/MMA)

**Sunday:** Rest Day

## **Doomfist Workout: Strength Training A – Push Day Chest, Triceps and Shoulders**

### **Warm Up:**

Jog 400-800m

### **Compound Lifts:**

*Complete each Compound Lift Utilizing Reverse Pyramid Training ([learn more here](#)).*

Bench Press

Warm Up Sets: 2-3

Working Sets Rep Counts (3 Sets): 4-6-8

Overhead Press

Warm Up Sets: 2-3

Working Sets Rep Counts (3 Sets): 4-6-8

### **Accessory Work:**

Close Grip Bench

3×10

Shoulder Front Raises

3×10

Chest Flyes (Machine or Dumbbell)

3×10

Dips

3×15

## **Doomfist Workout: Full Body Circuits and Intensity A**

### **Warm Up:**

30 Minutes of Varied Cardio

### **Workout:**

#### *Superset A:*

A. Incline Bench Press

3×10

B. Push Ups

3×10

#### *Superset B:*

A. Arnold Press

3×10

B. Upright Rows

3×10

*Superset C:*

A. DB Rows

3×10

B. Pike Push Ups

3×10

## **Doomfist Workout: Strength Training B – Pull Day Back and Biceps**

**Warm Up:**

Jog 400-800m

**Compound Lifts:**

*Complete each Compound Lift Utilizing Reverse Pyramid Training ([learn more here](#)).*

Deadlift

Warm Up Sets: 2-3

Working Sets Rep Counts (3 Sets): 4-6-8

Bent Over Rows

Warm Up Sets: 2-3

Working Sets Rep Counts (3 Sets): 4-6-8

**Accessory Work:**

Preacher Curls

3×10

Alternating DB Bicep Curls

3×10

Lateral Pulldowns

3×10

Chin Ups

3×10

**Doomfist Workout: Full Body Circuits and Intensity B**

**Warm Up:**

30 Minutes of Varied Cardio

**Workout:**

*Superset A:*

A. Incline Chest Flyes

3×10

B. Bench Dips

3×20

*Superset B:*

A. Hammer Strength Press

3×10

B. Close to Wide Push Ups

3×10

*Superset C:*

A. Barbell Shrugs

3×10

B. DB Hang Cleans

3×10

**Doomfist Workout: Strength Training C – Leg Day Legs,  
Calves and Explosiveness**



## **Warm Up:**

Jog 400-800m

## **Compound Lifts:**

*Complete each Compound Lift Utilizing Reverse Pyramid Training (learn more [here](#)).*

Back Squats

Warm Up Sets: 2-3

Working Sets Rep Counts (3 Sets): 4-6-8

Barbell Lunges

Warm Up Sets: 2-3

Working Sets Rep Counts (3 Sets): 4-6-8

## **Accessory Work:**

Leg Press

3×10

Weighted Box Jumps

3×10

Bulgarian Split Squats

3×10

Calf Raises (Seated)

3×10

## **Doomfist Workout: Parkour and MMA Training**

### **Parkour Resources:**

- [The Nightrunner Parkour Workout Routine](#)
- [The Assassin's Creed Parkour Workout Routine](#)
- [The Robbie Amell Parkour Workout Routine](#)

### **Mixed Martial Arts Alternative Training Options:**

- [Deathstroke Workout Routine](#)
- [Daredevil Workout Routine](#)
- [Moon Knight Workout Routine](#)
- [Sagat Workout Routine](#)
- [Anna Diop Workout Routine and Diet Plan](#)
- [Frank Grillo Workout Routine and Diet Plan](#)
- [Ryan Potter Workout Routine and Diet Plan](#)