

MARCUS FENIX WORKOUT ROUTINE



Bonus PDF File
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MARCUS FENIX WORKOUT ROUTINE

Training Volume:

6 days per week

Explanation:

We're going to be weightlifting four days a week revolving our training around our big compound lifts, one day devoted to ARMS (because, c'mon, Marcus Fenix's arms are HUGE), and one last day for our Weighted Soldier Trek.

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.

Marcus Fenix Workout Routine: Sample Workout Schedule

Monday: Bench Press and Chest

Tuesday: Deadlift and Back

Wednesday: Arm Day

Thursday: Overhead Press, Shoulders and Traps

Friday: Back Squats, Legs and Calves

Saturday: Weighted Soldier Trek

Sunday: Rest Day

Marcus Fenix Workout Routine: Bench Press and Chest

Warm Up:

800m Incline Walk

Compound Lift:

Bench Press

5×15,12,10,8,6

Workout:

Incline Dumbbell Press

3×10

Incline Dumbbell Chest Flyes

3×10

Cable Crossovers

3×10

Weighted Dips

3×10

Marcus Fenix Workout Routine: Deadlift and Back

Warm Up:

800m Incline Walk

Compound Lift:

Deadlift

5×15,12,10,8,6

Workout:

Bent Over Rows

3×10

Wide Grip Lateral Pulldowns

3×10

Reverse Cable Crossovers

3×10

Cable [Close Grip] Rows

3×10

Marcus Fenix Workout Routine: Arm Day

Warm Up:

800m Incline Walk

Compound Lift:

Preacher Curls

4x,12,10,8,6

Overhead Tricep Extensions

4x12,10,8,6

Workout:

Concentration Curls

3x10 each arm

Tricep Cable Kickbacks

3x10 each arm

Cable Rope Hammer Curls

3x10

Cable Rope Pushdowns

3x10

Marcus Fenix Workout Routine: Overhead Press, Shoulders and Traps

Warm Up:

800m Incline Walk

Compound Lift:

Overhead Press

5×15,12,10,8,6

Workout:

Barbell Shrugs

3×10

Seated Alternating DB Front Raises

3×10 each arm

Bent Over Shoulder Flyes

3×10

Hang Cleans

3×10

Marcus Fenix Workout Routine: Back Squat, Legs and Calves

Warm Up:

800m Incline Walk

Compound Lift:

Back Squats

5×15,12,10,8,6

Workout:

Leg Press

3×10

Calf Raises on Leg Press

3×10

Seated Calf Raises

3×10

Bulgarian Split Squats

3×10 each leg

Marcus Fenix Workout Routine: Weighted Soldier Trek

For this one you're going to need to pack up a heavy backpack or grab your weighted vest.

If you're going to truly go for a Soldier Trek you're going to want to be out there for 10-15+ miles.

That being said, we can work on different levels:

Beginner: 5+ Miles

Intermediate: 10+ Miles

Advanced: 15+ Miles