

# GUTS WORKOUT ROUTINE



Bonus PDF File  
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# GUTS WORKOUT ROUTINE

## Training Volume:

5-6+ days per week

## Explanation:

We're going to be lifting heavy 3 days a week, mixing weights and endurance circuit training 2 days a week, and then running optional long distance, mixed martial arts or even parkour to round it out on the final day of the week using some bonus resources I'll provide.

## 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.

## Guts Workout Routine: Sample Workout Schedule

**Monday:** Guts Push Day

**Tuesday:** Berserker Circuit One

**Wednesday:** Guts Pull Day

**Thursday:** Berserker Circuit Two

**Friday:** Guts Leg Day

**Saturday:** Optional Training w/ Bonus Resources

**Sunday:** Rest Day

## **Guts Workout Routine: Guts Push Day**

### **Warm Up:**

Weighted Jog x 800M

### **Reverse Pyramid Training Compounds:**

Bench Press

4x5, 8, 10, 12

*Warm Up 2-3 Sets Before Top Set of 5*

Overhead Press

4x5, 8, 10, 12

*Warm Up 2-3 Sets Before Top Set of 5*

[Read more about Pyramid Training here.](#)

### **Accessory Work:**

Weighted Dips

3×10

Kettlebell Upright Rows

3×10

Incline Dumbbell Chest Flyes

3×10

**Superset Finisher with Added Core Work:**

A. Incline Dumbbell Press

3×10

B. V-Ups

3×25

C. Dips

3×Failure

D. Lying Leg Raises w/ Thrust

3×20

**Guts Workout Routine: Berserker Circuit One**

## **Complete 2 Rounds for Time**

25 Chin Ups

50 Kettlebell Deadlifts

50 Push Ups

50 Kettlebell Flutter Kicks

50 Box Jumps

50 Kettlebell Swings

25 Chin Ups

## **Guts Workout Routine: Guts Pull Day**

### **Warm Up:**

Weighted Jog x 800M

### **Reverse Pyramid Training Compounds:**

Barbell Deadlift

4×5, 8, 10, 12

*Warm Up 2-3 Sets Before Top Set of 5*

Barbell Bent Over Rows

4×5, 8, 10, 12

*Warm Up 2-3 Sets Before Top Set of 5*

[Read more about Pyramid Training here.](#)

**Accessory Work:**

Concentration Curls

3×10 each arm

Wide Grip Pulldowns

3×10

Hammer Curls

3×10 each arm

**Superset Finisher with Added Core Work:**

A. Push Ups

3×30

B. Sit Ups w/ Twist

3×20

C. Chin Ups

3xFailure

D. Hanging Knee Raises

3x15

## **Guts Workout Routine: Berserker Circuit Two**

**Complete 3 Rounds for Time**

400m Run

50 Air Squats

40 Push Ups

30 Dips

20 Chin Ups

10 Burpees

400m Run

*Break 2-3 Minutes*

## **Guts Workout Routine: Guts Leg Day**

**Warm Up:**

Weighted Jog x 800M



## **Reverse Pyramid Training Compounds:**

Back Squat

4×5, 8, 10, 12

*Warm Up 2-3 Sets Before Top Set of 5*

Leg Press

4×5, 8, 10, 12

*Warm Up 2-3 Sets Before Top Set of 5*

[Read more about Pyramid Training here.](#)

## **Accessory Work:**

Bulgarian Split Squats

3×10 each leg

Glute Bridges

3×10

Hamstring Curls

3×10

## **Superset Finisher with Added Core Work:**

A. Goblet Squats

3×10

B. Bicycle Crunches

3×30

C. Jumping Lunges

3×20

D. Hanging Leg Raises

3×Failure

## **Guts Workout Routine: Bonus Resources for Optional Training**

### **HIIT Resources:**

- [The Best HIIT Workouts to Add to your Workout](#)
- [Jump Rope Workout Database](#)

### **MMA Training Resources:**

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

- [Frank Grillo Boxing Workout](#)

### **Endurance Training Resources:**

- [Constance Wu Workout Routine and Diet Plan](#)
- [Ewan McGregor Workout Routine and Diet Plan](#)
- [Kid Flash Workout Routine and Diet Plan](#)
- [Grant Gustin Workout Routine and Diet Plan](#)

### **Parkour Training Resources**

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