

# LAXUS DREYAR WORKOUT ROUTINE



Bonus PDF File  
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# LAXUS DREYAR WORKOUT ROUTINE

## Training Volume:

4+ days per week

## Explanation:

We're going to have 4 days of weight training per week to focus in on Dreyar's physique and strength, and then it's up to you if you want to add in another 1-2 days of optional training.

## 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.

## Lexus Dreyar Workout Routine: Sample Workout Schedule

**Monday:** Lightning Magic Chest and Triceps

**Tuesday:** Lightning Magic Legs and Calves

**Wednesday:** Optional Mage and MMA Training

**Thursday:** Lightning Magic Shoulders and Traps

**Friday:** Lightning Magic Back and Biceps

**Saturday:** Optional Mage and MMA Training

**Sunday:** Mandatory Rest Day

## **Lexus Dreyar Workout Routine: Lightning Magic Chest and Triceps**

### **Warm Up:**

800m Jog

### **Workout:**

Bench Press

4×15, 12, 10, 8

Close Grip Bench Press

3×12, 10, 8

Dumbbell Chest Flyes

3×10

Dumbbell Pullovers

3×10

EZ Bar Skullcrushers

3×10

Dips

3×15

Reverse Grip Tricep Cable Pushdowns

3×10

## **Lexus Dreyar Workout Routine: Lightning Magic Legs and Calves**

### **Warm Up:**

800m Jog

### **Workout:**

Back Squats

4×15, 12, 10, 8

Leg Press

3×12, 10, 8

Seated Calf Raises

3×10

Hamstring Kickbacks

3×10

Quad Extensions

3×10

Sit Ups

3×25

Lying Leg Raises

3×20

## **Lexus Dreyar Workout Routine: Lightning Magic Shoulders and Traps**

**Warm Up:**

800m Jog

**Workout:**

Overhead Press

4×15, 12, 10, 8

Barbell Shrugs

3×12, 10, 8

Kettlebell Swings

3×10

Power Cleans

3×10

Shoulder Front Raises

3×10

V-Ups

3×30

Hanging Leg Raises

3×20

## **Lexus Dreyar Workout Routine: Lightning Magic Back and Biceps**

**Warm Up:**

800m Jog

## **Workout:**

Deadlift

4×15, 12, 10, 8

Close Grip Cable Rows

3×12, 10, 8

Wide Grip Cable Pulldowns

3×10

Standing EZ Bar Curls

3×10

Bent Over Lateral Raises

3×10

Chin Ups

3×15

Alternating DB Hammer Curls

3×10



# Lexus Dreyar Workout Routine: Mage MMA and Alternative Training Resources

## 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](#)

## Parkour Training Resources

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

## HIIT Resources:

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

## Endurance Training Resources:

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