

LEX LUTHOR WORKOUT ROUTINE



Bonus PDF File
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LEX LUTHOR WORKOUT ROUTINE

Training Volume:

5 days per week

Explanation:

For this one we're going to be working around a five day weight training split that also builds in high intensity and endurance training within. It's a lot of volume, but well worth it if you want to live up to Lex Luthor!

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.

Lex Luthor Workout Routine: Sample Workout Schedule

Monday: Chest, Core and Endurance

Tuesday: Legs, Core and Endurance

Wednesday: Arms, Core and Endurance

Thursday: Shoulders, Core and Endurance

Friday: Back, Core and Endurance

Saturday: Active Rest Day

Sunday: Mandatory Rest Day

Lex Luthor Workout Routine: Chest, Core and Endurance

Warm Up:

30 Minutes of Varied Cardio

This can be performed before or after your weight training.

Compound:

Bench Press

5×15, 12, 10, 8, 5

Superset One:

A. Hex Press

3×10

B. Standing Incline DB Flyes

3×10

Superset Two:

A. Incline Dumbbell Press

3×10

B. Incline Dumbbell Chest Flyes

3×10

Finale:

Weighted Dips

5×5

Core Work:

Planks

4×60 seconds

Sit Ups

4×25

Lying Leg Raises

4×20

Lex Luthor Workout Routine: Legs, Core and Endurance

Warm Up:

30 Minutes of Varied Cardio

This can be performed before or after your weight training.

Compound:

Back Squat

5×15, 12, 10, 8, 5

Superset One:

A. Leg Press

3×10

B. Leg Press Calf Raises

3×10

Superset Two:

A. Straight Leg Kettlebell Deadlift

3×10

B. Weighted Step Ups

3×10

Finale:

Hamstring Curls

4×20

Core Work:

Side Planks

4×30 seconds each side

V-Ups

4×25

Flutter Kicks

4×50

Lex Luthor Workout Routine: Arms, Core and Endurance

Warm Up:

30 Minutes of Varied Cardio

This can be performed before or after your weight training.

Compound:

Preacher Curls

5×15, 12, 10, 8, 5

Superset One:

A. Cable Pushdowns

3×10

B. Cable Kickbacks

3×10 each arm

Superset Two:

A. Cable Hammer Curls w/ Rope

3×10

B. Cable Overhead Tricep Ext. w/ Rope

3×10

Finale:

Close to Wide Push Ups

4×20

Core Work:

L-Sit Hold

4×30 Seconds

Bicycles Crunches

4×30

Hanging Knee Raises w/ Twist

4×20

Lex Luthor Workout Routine: Shoulders, Core and Endurance

Warm Up:

30 Minutes of Varied Cardio

This can be performed before or after your weight training.

Compound:

Overhead Military Press

5×15, 12, 10, 8, 5

Superset One:

A. Upright Rows

3×10

B. DB Front Raises

3×10

Superset Two:

A. Kettlebell Swings

3×10

B. Curl to Press

3×10

Finale:

Power Cleans

4×5

Core Work:

Superman Hold

4×30 seconds

Sit Ups w/ Twist

4×20

Lying Leg Raises w/ Hip Thrust

4×20

Lex Luthor Workout Routine: Back, Core and Endurance

Warm Up:

30 Minutes of Varied Cardio

This can be performed before or after your weight training.

Compound:

Deadlift

5×15, 12, 10, 8, 5

Superset One:

A. Bent Over Rows

3×10

B. Barbell Shrugs

3×10

Superset Two:

A. Wide Grip Pulldowns

3×10

B. Straight Arm Pulldowns

3×10

Finale:

Cable Rows

4x15

Core Work:

Plank to Push Ups

4x15

Sit Ups

4x20

Hollow Hold

4x30 seconds