

CAPTAIN OBI WORKOUT ROUTINE



Bonus PDF File
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CAPTAIN OBI WORKOUT ROUTINE

Training Volume:

5 days per week

Explanation:

We're going to be training with a 5 day bodybuilding split and then also incorporating Captain Obi styled training with the endurance/cardio work that comes along with the bodybuilding prep by tacking on 30 kg of gear (although we'll do this with 20-60 lbs.) like Obi is required to be able to carry each time.

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.

Captain Obi Workout Routine: Sample Workout Schedule

Monday: Captain Obi Chest and Cardio

Tuesday: Captain Obi Legs and Cardio

Wednesday: Captain Obi Arms and Cardio

Thursday: Captain Obi Shoulders and Cardio

Friday: Captain Obi Back and Cardio

Saturday: Optional Mixed Martial Arts, HIIT, Parkour or Active Rest Day

Sunday: Mandatory Rest Day

Captain Obi Workout Routine: Captain Obi Chest and Cardio

Workout:

Bench Press

4×15, 12, 10, 8

Close Grip Bench

3×12

Incline Dumbbell Bench Press

3×12

Decline Press Machine

3×10

Cable Flys

3×10

Push Ups

3×20

Dips

3×10

Cardio:

20-30 Minutes of Weighted Incline Treadmill Walk

Complete the cardio with a 20-60 lb. weighted vest or backpack.

Cardio can be completed before or after your weight training session.

Captain Obi Workout Routine: Captain Obi Legs and Cardio

Workout:

Back Squat

4×15, 12, 10, 8

Leg Press

3×12

Seated Calf Raises

3×12

Hamstring Kickbacks

3×10

Glute Bridges

3×10

Bulgarian Split Squats

3×10 each leg

Weighted Step Ups

3×10 each leg

Cardio:

20-30 Minutes of Weighted Incline Treadmill Walk

Complete the cardio with a 20-60 lb. weighted vest or backpack.

Cardio can be completed before or after your weight training session.

Captain Obi Workout Routine: Captain Obi Arms and Cardio

Workout:

Preacher Curls

4×12

Cable Pushdowns

3×12

Alternating Dumbbell Curls

3×10 each arm

Hammer Curls

3×10

Seated Overhead Extension

3×10

Chin Ups

3×10

Tricep Kickbacks

3×10

Cardio:

20-30 Minutes of Weighted Incline Treadmill Walk

Complete the cardio with a 20-60 lb. weighted vest or backpack.

Cardio can be completed before or after your weight training session.

Captain Obi Workout Routine: Captain Obi Shoulders and Cardio

Workout:

Overhead Press

4×15, 12, 10, 8

Barbell Shrugs

3×12

Dumbbell Front Raises

3×12

Cable Lateral Raises

3×10

Dumbbell Shrugs

3×10

Upright Rows

3×10

Curl to Press [Light]

3×10

Cardio:

20-30 Minutes of Weighted Incline Treadmill Walk

Complete the cardio with a 20-60 lb. weighted vest or backpack.

Cardio can be completed before or after your weight training session.

Captain Obi Workout Routine: Captain Obi Back and Cardio

Workout:

Deadlift

4×15, 12, 10, 8

Wide Grip Pulldowns

3×12

Close Grip Cable Rows

3×12

Single Arm Dumbbell Rows

3×10

Wide Grip Pull Ups

3×10

Reverse Cable Flyes

3×10

Bent Over Dumbbell Rows

3×10

Cardio:

20-30 Minutes of Weighted Incline Treadmill Walk

Complete the cardio with a 20-60 lb. weighted vest or backpack.

Cardio can be completed before or after your weight training session.