

# PANDA WORKOUT ROUTINE



Bonus PDF File  
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# PANDA WORKOUT ROUTINE

## Training Volume:

4+ days per week

## Explanation:

I'm going to program you a powerlifting-like 4 day split, as well as an MMA day. Hercules also has superhuman endurance, so that is why there are days devoted to running and endurance 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.

## Side Note on Pyramid Training:

You should be pyramid training for almost all the routines we utilize (not necessary, but I recommend and utilize it myself).

*Here's an article on what it is, but do your best to increase the load after each set.*

## Panda Workout Routine: Sample Workout Schedule

**Monday:** Abrupt Mutated Cursed Corpse Deadlift Day

**Tuesday:** Abrupt Mutated Cursed Corpse Bench Day

**Wednesday:** Sorcerer Endurance Work

**Thursday:** Abrupt Mutated Cursed Corpse Squat Day

**Friday:** Abrupt Mutated Cursed Corpse Military Press Day

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

**Sunday:** Mandatory Rest Day

## **Panda Workout Routine: Abrupt Mutated Cursed Corpse Deadlift Day**

### **Warm Up:**

Stretch

Foam Roll

10 min jog

### **Workout:**

Deadlift

5×10,8,5,3,1

Cable Rows

3×12,10,8

Lateral Pulldowns

3×12,10,8

Face Pulls

3×12,10,8

Dumbbell Bent Over Rows

3×12,10,8

Preacher Curls

3×12,10,8

Dumbbell Hammer Curls

3×12,10,8

## **Panda Workout Routine: Abrupt Mutated Cursed Corpse Bench Press Day**

**Warm Up:**

Stretch

Foam Roll

10 min jog

**Workout:**

Bench Press

5×10,8,5,3,1

Dumbbell Chest Flys

3×12,10,8

Cable Overhead Extension

3×12,10,8

Incline Dumbbell Press

3×12,10,8

Close Grip Bench

3×12,10,8

Decline Press (Machine or Bench)

3×12,10,8

Cable Kickbacks

3×12,10,8

## **Panda Workout Routine: Sorcerer Endurance Work**

*On your endurance day you can decide to do “regular” endurance work with your running, or even utilize some form of 30-60 minute high intensity interval training.*

### **“Regular” Endurance Work:**

- Beginner: Run 1-3 Miles
- Intermediate: Run 3-5 Miles
- Advanced: Run 5+ Miles

### **High Intensity Interval Training Options:**

- [HIIT Workout Routine Variations](#)
- [Jump Rope Workouts](#)

### **Other Endurance Work Resources/Routines:**

- [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](#)
- [How To Train After Your First 5K \(Workout Included\)](#)

## **Panda Workout Routine: Abrupt Mutated Cursed Corpse Back Squat Day**

## **Warm Up:**

Stretch

Foam Roll

10 min jog

## **Workout:**

Back Squat

5×10,8,5,3,1

Hamstring Curls

3×12,10,8

Weighted Step Ups

3×12,10,8

Leg Press

3×12,10,8

Leg Kickbacks

3×12,10,8

Leg Extensions



3×12,10,8

Hack Squat

3×12,10,8

## **Panda Workout Routine: Abrupt Mutated Cursed Corpse Military Press Day**

### **Warm Up:**

Stretch

Foam Roll

10 min jog

### **Workout:**

Barbell Standing Military Press

5×10,8,5,3,1

Shoulder Flys

3×12,10,8

Barbell Shrugs

3×12,10,8

Dumbbell Shoulder Front Raises

3×12,10,8

One Arm Dumbbell Snatches

3×12,10,8

Kettlebell Swings

3×12,10,8

Power Cleans

3×12,10,8

## **Panda Workout Routine: Alternative Training Method Resources**

### **Parkour Training Resources:**

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

### **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](#)