

# MIGHT GUY WORKOUT ROUTINE



Bonus PDF File  
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# MIGHT GUY WORKOUT ROUTINE

## Training Volume:

4 days per week

## Explanation:

For this one we're actually going to go to a "bro-split" and do four days of weight training and break up cardio and core days into two sets of two among the four days to hit all areas. You can also optionally tack on endurance, HIIT, MMA and other types of training as well with the resources I provide at the end.

## 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 & traditional pyramid training, straight sets, super sets, progressive overload and more.

## Might Guy Workout Routine: Sample Workout Schedule

**Monday:** Chest, Triceps and Cardio

**Tuesday:** Legs, Calves, and Core

**Wednesday:** Optional Additional Training with Resources

**Thursday:** Shoulders, Traps and Cardio

**Friday:** Back, Biceps and Core

**Saturday:** Optional Additional Training with Resources

**Sunday:** Rest Day

## **Might Guy Workout Routine: Chest, Triceps and Cardio**

### **Warm Up:**

5-10 Incline Minute Walk

### **Workout:**

Incline Bench Press

3×12, 10, 8

Close Grip Bench Press

3×12, 10, 8

Decline Press

3×12, 10, 8

Cable Tricep Pushdowns with V Bar

3×12, 10, 8

Cable Chest Flys

3×12, 10, 8

Weighted Dips

5×5

**Cardio:**

20-30 Minutes of Varied Cardio

(Treadmill, Elliptical, StairMaster, Rower, etc.)

**Might Guy Workout Routine: Legs, Calves and Core**

**Warm Up:**

5-10 Incline Minute Walk

**Workout:**

Back Squats

3×12, 10, 8

Leg Press

3×12, 10, 8

Bulgarian Split Squats

3×12, 10, 8 each leg

Weighted Lunges

3×12, 10, 8 each leg

Seated Calf Raises

3×20

Cable Crunches

3×25

Hanging Leg Raises

3×25

**Cardio:**

20-30 Minutes of Varied Cardio

(Treadmill, Elliptical, StairMaster, Rower, etc.)

## **Might Guy Workout Routine: Shoulders, Traps and Cardio**

**Warm Up:**

5-10 Incline Minute Walk

**Workout:**

Standing Overhead Press

3×12, 10, 8

Barbell Shrugs

3×12, 10, 8

Hang Cleans

3×12, 10, 8

Lateral Raises

3×12, 10, 8

Upright Rows

3×12, 10, 8

Handstand Push Ups

5×5

**Cardio:**

20-30 Minutes of Varied Cardio

(Treadmill, Elliptical, StairMaster, Rower, etc.)

# **Might Guy Workout Routine: Back, Biceps and Core**

## **Warm Up:**

5-10 Incline Minute Walk

## **Workout:**

Deadlifts

3×12, 10, 8

Bent Over Dumbbell Rows

3×12, 10, 8 each arm

Cable Pulldowns

3×12, 10, 8

Standing Alternating Bicep DB Curls

3×12, 10, 8 each arm

Chin Ups

5×10

Sit Ups

3×25



Lying Leg Riases

3×25

**Cardio:**

20-30 Minutes of Varied Cardio

(Treadmill, Elliptical, StairMaster, Rower, etc.)

## **Might Guy Workout Routine: Optional Additional Training Resources**

**Alternative HIIT Resources:**

- [The Best HIIT Workouts To Step Up Your Workout](#)
- [Jump Rope Workouts](#)

**Endurance Work 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](#)
- [How To Continue Training After Your First 5K \(Workout Included\)](#)

**Parkour Training Resources:**

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

- [The Robbie Amell Parkour Workout Routine](#)

### **Main MMA Training Resources**

- [Anna Diop Workout Routine and Diet Plan](#)
- [Ryan Potter Workout Routine and Diet Plan](#)
- [Frank Grillo Boxing Workout](#)

### **Other MMA Training Resources:**

- [Deathstroke Workout Routine](#)
- [Daredevil Workout Routine](#)
- [Moon Knight Workout Routine](#)
- [Sagat Workout Routine](#)