

# KARS

## WORKOUT ROUTINE



Bonus PDF File  
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# KARS WORKOUT ROUTINE

## Training Volume:

4 days per week

## Explanation:

For this one we're going to be training revolving around a 4 day split that works around all our major compound lifts. You'll have the option to tack on additional training using some SHJ resources, but you only need 4 days for this one being that we'll be lifting heavy and at a high volume and will want all the recovery you can get to allow your muscles to grow!

## 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.

## Kars Workout Routine: Sample Schedule

**Monday:** Light Mode Bench Press, Chest and Triceps

**Tuesday:** Light Mode Back Squats, Legs, Core and Calves

**Wednesday:** Rest Day

**Thursday:** Light Mode Shoulder Press, Shoulders, Core and Traps

**Friday:** Light Mode Deadlifts, Back and Biceps

**Saturday:** Optional Additional Training with Resources

**Sunday:** Rest Day

## **Kars Workout Routine: Light Mode Bench Press, Chest and Triceps**

### **Warm Up:**

10-15 Minute Incline Treadmill Walk

### **Compound Lift:**

Bench Press

4×12, 10, 8, 5

### **Accessory Work:**

Incline Dumbbell Bench Press

3×12, 10, 8

Seated Overhead Tricep Extension

3×12, 10, 8

Cable Chest Flys

3×10

Tricep Cable Pushdowns

3×10

Weighted Dips

4×8

## **Kars Workout Routine: Light Mode Back Squats, Legs, Core and Calves**

### **Warm Up:**

10-15 Minute Incline Treadmill Walk

### **Compound Lift:**

Back Squat

4×12, 10, 8, 5

### **Accessory Work:**

Leg Press

3×12, 10, 8

Seated Calf Raises

3×12, 10, 8

Hamstring Curls

3×10

Quad Extensions

3×10

Cable Crunches

3×25

Hanging Leg Raises

3×25

## **Kars Workout Routine: Light Mode Shoulder Press, Shoulders, Core and Traps**

**Warm Up:**

10-15 Minute Incline Treadmill Walk

**Compound Lift:**

Military Press

4×12, 10, 8, 5

**Accessory Work:**

Upright Rows

3×12, 10, 8

Barbell Shrugs

3×12, 10, 8

Lateral Raises

3×10

Hang Cleans

3×10

Sit Ups with Twist

3×30

Hanging Knee Raises with Twist

3×30

# **Kars Workout Routine: Light Mode Deadlifts, Back and Biceps**

## **Warm Up:**

10-15 Minute Incline Treadmill Walk

## **Compound Lift:**

Deadlifts

4×12, 10, 8, 5

## **Accessory Work:**

Bent Over Barbell Rows

3×12, 10, 8

Preacher Curls

3×12, 10, 8

Wide Grip Cable Pulldowns

3×10

Cable Rows

3×10



Weighted Chin Ups

4×8

## **Kars Workout Routine: Optional Additional Training Resources**

### **HIIT Training Resources:**

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

### **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](#)