

# #1

## Phase

Workouts 1 & 2

# THE SUPERHERO WORKOUT

## Workout 1: Full Body Training (Strength)

Alternate A1 and A2, resting 75 seconds between exercises for a total of 10 sets each. After your last set, rest 3-5 minutes and proceed to B.

<b>A1- Barbell Bench Press</b> (medium grip) Temp: 30X	WEIGHT	1	2	3	4	5	6	7	8	9	10
	REPS/TIME										
<b>A2- Snatch Grip Barbell Deadlift</b> (lower under control)	WEIGHT	1	2	3	4	5	6	7	8	9	10
	REPS/TIME										

Alternate B1 and B2, resting 75 seconds between exercises. After your last circuit, rest 120 seconds, and finish the workout by performing the abdominal training of your choice.

<b>B1- Chin-ups</b> (medium grip) Temp: 360X	5 REPS	WEIGHT	1	2	3	4	5
		REPS/TIME					
<b>B2- DB Split Squat</b> (front foot elevated) Temp: 3110	6-8 REPS	WEIGHT	1	2	3	4	5
		REPS/TIME					

Note on Weight Selection: For A1/A2, use a weight that is close to your 5-6RM and make sure that you are very close to failure by the final set of each exercise. You don't have to use the same weights across all 10 sets, but make sure that each time you do the workout, try to "average out" at a slightly higher weight for the sets.

## Workout 2: Complexes (Power)

### Complex A – Barbell Complex

**Set Up:** Perform A1, A2, A3 and A4 sequentially, with NO rest between them; do not even set the barbell down between exercises. Each exercise is to be performed for 6 reps. After A4, rest 120 seconds and repeat. Select a weight that makes your weakest exercise challenging, but allows you to complete all reps on that exercise. Perform this complex a total of 4 times; after your third one, rest 2-4 minutes and proceed to Complex B.

**Recommended Starting Weights:** Men – 75-95 pounds Women – 35-45 pounds

<b>A1- Hang Power Snatch</b>	6 REPS	WEIGHT	1	2	3	4
		REPS/TIME				
<b>A2- Front Squat</b>	6 REPS	WEIGHT	1	2	3	4
		REPS/TIME				
<b>A3- Push Press</b>	6 REPS	WEIGHT	1	2	3	4
		REPS/TIME				
<b>A4- Hang Clean</b>	6 REPS	WEIGHT	1	2	3	4
		REPS/TIME				

### Complex B – Dumbbell Complex

**Set Up:** Perform B1, B2, B3 and B4 sequentially, with NO rest between them; do not even set the dumbbells down between exercises. Each exercise is to be performed for 12 reps. After B4, rest 90 second and repeat. Select a weight that makes your weakest exercise challenging, but allows you to complete all reps on that exercise. Perform this complex a total of 3 times; after your third one, rest 2 minutes and finish the workout by holding a plank for as long as you can. **Recommended Starting Weights:** Men – 25-40 pound dumbbells Women – 10-15 pound dumbbell

<b>B1- Two Arm Dumbbell Swing</b>	12 REPS	WEIGHT	1	2	3
		REPS/TIME			
<b>B2- Unsupported 1-arm DB row</b> (lunge stance)	12 REPS	WEIGHT	1	2	3
		REPS/TIME			
<b>B3- DB Front Squat</b>	12 REPS	WEIGHT	1	2	3
		REPS/TIME			
<b>B3- Neutral Grip Overhead Press</b>	12 REPS	WEIGHT	1	2	3
		REPS/TIME			
<b>B4- Alt Reverse Lunge</b>	12 REPS	WEIGHT	1	2	3
		REPS/TIME			

# #1

## Phase

Workouts 3 & 4

## THE SUPERHERO WORKOUT

### Workout 3: Full Body Training (Strength)

Alternate A1 and A2, resting 75 seconds between exercises for a total of 8 sets each. After your last set, rest 3-5 minutes and proceed to B.

<b>A1- Pull-ups</b> (medium grip) Temp: 40X	<b>4 REPS</b>	WEIGHT	1	2	3	4	5	6	7	8
		REPS/TIME								
<b>A2- Barbell Squat</b> (wide stance) Temp: 40X	<b>4 REPS</b>	WEIGHT	1	2	3	4	5	6	7	8
		REPS/TIME								

Alternate B1 and B2, resting 75 seconds between exercises. After your last circuit, rest 120 seconds, and finish the workout by performing the abdominal training of your choice.

<b>B1- High Incline Neutral Grip DB Bench</b> Temp: 31X	<b>5 REPS</b>	WEIGHT	1	2	3	4	5
		REPS/TIME					
<b>B2- Barbell Romanian Deadlift</b> Temp: 30X	<b>6-8 REPS</b>	WEIGHT	1	2	3	4	5
		REPS/TIME					

### Workout 4: Complexes (Power)

#### Complex A – Barbell Complex

**Set Up:** Perform A1, A2, A3 and A4 sequentially, with NO rest between them; do not even set the barbell down between exercises. Each exercise is to be performed for 6 reps. After A4, rest 120 seconds and repeat. Select a weight that makes your weakest exercise challenging, but allows you to complete all reps on that exercise. Perform this complex a total of 4 times; after your fourth one, rest 3-4 minutes and proceed to Complex B.

**Recommended Starting Weights: Men – 115-135 pounds Women – 45-65 pounds**

<b>A1- Hack Squat</b> (heels elevated)	<b>6 REPS</b>	WEIGHT	1	2	3
		REPS/TIME			
<b>A2- Push Press</b>	<b>6 REPS</b>	WEIGHT	1	2	3
		REPS/TIME			
<b>A3- Bent Over Row</b> (overhand grip)	<b>6 REPS</b>	WEIGHT	1	2	3
		REPS/TIME			
<b>A4- Barbell RDL</b>	<b>6 REPS</b>	WEIGHT	1	2	3
		REPS/TIME			

#### Complex B – Dumbbell Complex

**Set Up:** Perform B1, B2, B3, B4 and B5 sequentially, with NO rest between them; do not even set the dumbbells down between exercises. Each exercise is to be performed for 8 reps. After B5, rest 90 second and repeat. Select a weight that makes your weakest exercise challenging, but allows you to complete all reps on that exercise. Perform this complex a total of 3 times; after your third one, rest 2 minutes and finish the workout by holding a plank for as long as you can. **Recommended Starting Weights: Men –25-35 pound dumbbells Women – 10-15 pound dumbbell**

<b>B1- High Pull</b>	<b>8 REPS</b>	WEIGHT	1	2	3
		REPS/TIME			
<b>B2- Standing Arnold Press</b>	<b>8 REPS</b>	WEIGHT	1	2	3
		REPS/TIME			
<b>B3- DB Front Squat</b>	<b>8 REPS</b>	WEIGHT	1	2	3
		REPS/TIME			
<b>B4- Bent Over row</b> (prone grip elbows out)	<b>8 REPS</b>	WEIGHT	1	2	3
		REPS/TIME			
<b>B5- High Step-up</b>	<b>8 REPS</b>	WEIGHT	1	2	3
		REPS/TIME			