

#4

Phase 4

Workouts 1

THE SUPERHERO

WORKOUT

Workout 1: Total Body Fat Loss

Perform A1-A5 sequentially, resting 30 seconds between exercises and 90 seconds between circuits. This circuit is to be performed 3 times. After your last circuit, rest 90 seconds and proceed to circuit B.

A1- Alternating Reverse Lunges	15 REPS	WEIGHT	1	2	3
		REPS/TIME			
A2- Arnold Press	12 REPS	WEIGHT	1	2	3
		REPS/TIME			
A3- Explosive Switch Row	10 REPS Per Arm	WEIGHT	1	2	3
		REPS/TIME			
A4- Spiderman Lunges	8 REPS Per Leg	WEIGHT	1	2	3
		REPS/TIME			
A5- Hand Walkout	6-8 REPS	WEIGHT	1	2	3
		REPS/TIME			

Perform A1-A5 sequentially, resting 30 seconds between exercises and 90 seconds between circuits. This circuit is to be performed 3 times. After your last circuit, rest 90 seconds and proceed to circuit B.

B1- Single Arm Bent Over Row with Elbow Out	10 REPS	WEIGHT	1	2	3	4
		REPS/TIME				
B2- Incline Dumbbell Bench Press	6-8 REPS	WEIGHT	1	2	3	4
		REPS/TIME				
B3- Jump Squat	10 REPS Per Arm	WEIGHT	1	2	3	4
		REPS/TIME				
B4- Plank	60 SEC	WEIGHT	1	2	3	4
		REPS/TIME				

Perform C1-C3 sequentially, resting 20 seconds between exercises and 60 seconds between circuits. This circuit is to be performed 2 times.

C1- Rear Delt DB Raise (bent over)	12-15 REPS	WEIGHT		1	2
		REPS/TIME			
C2- Alternating Lateral Lunge	8 REPS Per Leg	WEIGHT		1	2
		REPS/TIME			
C3- Spiderman Push-ups	8 REPS Per Side	WEIGHT		1	2
		REPS/TIME			

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Phase 4 Workouts 2

THE SUPERHERO WORKOUT

Workout 2: Density Based Muscle Building

Alternate A1 and A2 for 5 minutes. DO NOT go to failure; rather conserve your strength. Begin with a weight that you think you can lift 15 times, and lift it for roughly 5 or so reps each time you pick the weight up. After the time has expired, rest 5 minutes; then increase the weight by 15% and repeat for another 5 minutes. Again, the goal of the 2nd circuit should be to meet or exceed the reps from the 1st. After your second time block has expired, rest 5 minutes and proceed to the B circuit.

A1- Front Squat	5 MINS	WEIGHT	1	2
		REPS/TIME		
A2- Bent Over Row	5 MINS	WEIGHT	1	2
		REPS/TIME		

Alternate B1, B2 and B3 for 6 minutes. DO NOT go to failure; rather conserve your strength. Begin with a weight that you think you can lift 15 times, and lift it for roughly 5 reps or so. After the time has expired, rest 3 minutes; then increase the weight by 5-10% and repeat for another 6 minutes. Again, the goal of the 2nd circuit should be to meet or exceed the reps from the 1st. After your second time block has expired, rest 5 minutes and proceed to the C circuit.

B1- Reverse lunge	6 MINS	WEIGHT	1	2
		REPS/TIME		
B2- Upright row	6 MINS	WEIGHT	1	2
		REPS/TIME		
B3- Chest press	6 MINS	WEIGHT	1	2
		REPS/TIME		

Alternate C1 and C2 for 4 minutes. DO NOT go to failure; rather conserve your strength. Begin with a weight that you think you can lift 15 times, and lift it for roughly 5 reps or so. After the time has expired, rest 2 minutes; then repeat the circuit with the SAME weight. Again, the goal of the 2nd circuit should be to meet or exceed the reps from the first.

C1- Thor's Hammer	6 MINS	WEIGHT	1	2
		REPS/TIME		
C2- Dumbbell Lateral Raise	6 MINS	WEIGHT	1	2
		REPS/TIME		

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Phase 4

Workouts 3

THE SUPERHERO WORKOUT

Workout 3: Strength Amplification Circuit

Perform A1-A4 sequentially, resting 15-30 seconds between exercises. When you finish your circuit, rest 45-60 seconds. Cycle through until you complete all reps for all exercises. Then, without rest, proceed immediately to the Circuit B.

A1- Barbell Lumberjack Press	30 REP	WEIGHT	1	2
		REPS/TIME		
A2- Bent Over Barbell Row	25 REP	WEIGHT	1	2
		REPS/TIME		
A3- Bulgarian Split Squat	20 REP Per Leg	WEIGHT	1	2
		REPS/TIME		
A4- Weighted Pull-Up	20 REP	WEIGHT	1	2
		REPS/TIME		

Perform B1-B4 sequentially, resting 15-30 seconds between exercises. When you finish your circuit, rest 60-90 seconds. Cycle through until you complete all reps for all exercises.

A1- Deadlift	25 REP	WEIGHT	1	2
		REPS/TIME		
A2- Low-Incline DB Bench Press	35 REP	WEIGHT	1	2
		REPS/TIME		
A3- High Pull	30 REP	WEIGHT	1	2
		REPS/TIME		
A4- Alternating Barbell Lunges	15 REP Per Leg	WEIGHT	1	2
		REPS/TIME		

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Phase 4

Workouts 4

THE SUPERHERO WORKOUT

Workout 4: SUPER HERO Conditioning

Perform exercises A1-A6 sequentially, each for 30 seconds, aiming to complete as many reps as possible. Rest 30 seconds between exercises. Complete 4 circuits, resting 45 seconds between each. After your last circuit, rest 60 seconds and proceed to B.

A1- Speed Squats	30 SEC	WEIGHT	1	2	3	4
		REPS/TIME				
A2- Push-Ups	30 SEC	WEIGHT	1	2	3	4
		REPS/TIME				
A3- Left Leg Romanian Deadlift (perform all reps with JUST this leg)	30 SEC	WEIGHT	1	2	3	4
		REPS/TIME				
A4- Plank	30 SEC	WEIGHT	1	2	3	4
		REPS/TIME				
A5- Right Leg Romanian Deadlift (perform all reps with JUST this leg)	30 SEC	WEIGHT	1	2	3	4
		REPS/TIME				
A6- Inverted Row	30 SEC	WEIGHT	1	2	3	4
		REPS/TIME				

Perform exercises B1-B5 sequentially, each for 45 seconds. Rest 30 seconds between exercises. Complete 5 circuits, resting 45 seconds between each. After your last circuit, rest 60 seconds and proceed to C.

B1- Hand Walkouts	45 SEC	WEIGHT	1	2	3	4	5
		REPS/TIME					
B2- Alternating Rev Lunges	45 SEC	WEIGHT	1	2	3	4	5
		REPS/TIME					
B3- Mountain Climbers	10 REP Per Arm	WEIGHT	1	2	3	4	5
		REPS/TIME					
B4- Jumping Jacks	45 SEC	WEIGHT	1	2	3	4	5
		REPS/TIME					
B5- Spiderman Lunges	45 SEC	WEIGHT	1	2	3	4	5
		REPS/TIME					

Perform C1-C4 sequentially, each for 20 seconds. Rest 10 seconds between each. Complete 6 circuits, resting 20 seconds between each.

C1- Burpees	20 SEC	WEIGHT	1	2	3	4	5	6
		REPS/TIME						
C2- Rocking Plank	20 SEC	WEIGHT	1	2	3	4	5	6
		REPS/TIME						
C3- Seal Jacks	20 SEC	WEIGHT	1	2	3	4	5	6
		REPS/TIME						
C4- Superman Hold	20 SEC	WEIGHT	1	2	3	4	5	6
		REPS/TIME						