

#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.

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

B1- Chin-ups (medium grip) Temp: 360X	5 REPS	WEIGHT	1	2	3	4	5
		REPS/TIME					
B2- DB Split Squat (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

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

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

#1 Phase 1

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.

A1- Pull-ups (medium grip) Temp: 40X	Note: If you can't complete the sets/ reps with bodyweight, use pull downs or an assisted chin-up.	4 REPS	WEIGHT	1	2	3	4	5	6	7	8
			REPS/TIME								
A2- Barbell Squat (wide stance) Temp: 40X		4 REPS	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.

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

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

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