



THE SUPER HERO WORKOUT

TRAINING MANUAL

JOHN ROMANIELLO
& MATT MCGORRY

LET'S START WITH SOME LEGAL STUFF SO YOU CAN'T SUE US!

DISCLAIMER:

THE INFORMATION PRESENTED HEREIN IS IN NO WAY INTENDED AS MEDICAL ADVICE OR TO SERVE AS A SUBSTITUTE FOR MEDICAL COUNSELING. THE INFORMATION SHOULD BE USED IN CONJUNCTION WITH THE GUIDANCE AND CARE OF YOUR PHYSICIAN. CONSULT YOUR PHYSICIAN BEFORE BEGINNING THIS PROGRAM AS YOU WOULD WITH ANY EXERCISE AND NUTRITION PROGRAM. IF YOU CHOOSE NOT TO OBTAIN THE CONSENT OF YOUR PHYSICIAN AND/OR WORK WITH YOUR PHYSICIAN THROUGHOUT THE COURSE OF THE SUPER HERO WORKOUT, YOU ARE AGREEING TO ACCEPT FULL RESPONSIBILITY FOR YOUR ACTIONS. BY BEGINNING THE SUPER HERO WORKOUT, YOU RECOGNIZE THAT DESPITE ALL PRECAUTIONS ON THE PART OF ROMAN FITNESS SYSTEMS, INC, AND MATT MCGORRY TRAINING, THERE ARE RISKS OF INJURY OR ILLNESS WHICH CAN OCCUR BECAUSE OF YOUR USE OF THE AFOREMENTIONED INFORMATION AND YOU EXPRESSLY ASSUME SUCH RISKS AND WAIVE, RELINQUISH AND RELEASE ANY CLAIM WHICH YOU MAY HAVE AGAINST ROMAN FITNESS SYSTEMS, INC, AND MATT MCGORRY TRAINING OR THEIR RESPECTIVE AFFILIATES AS A RESULT OF ANY FUTURE PHYSICAL INJURY OR ILLNESS INCURRED IN CONNECTION WITH, OR AS A RESULT OF, THE USE OR MISUSE OF YOUR PROGRAM.

AND SOME MORE LEGAL STUFF SO COMIC COMPANIES (HOPEFULLY) CAN'T SUE US!

SPIDER-MAN, WOLVERINE, THE INCREDIBLE HULK, THOR, IRON MAN, WAR MACHINE, BLACK WIDOW, BLADE, BUCKY, CAPTAIN AMERICA, THE FANTASTIC 4, NICK FURY, THE AVENGERS, THE PUNISHER, DAREDEVIL AND THE X-MEN ARE **TRADEMARK PROPERTIES OF MARVEL COMICS GROUP.**

BATMAN, ROBIN, DICK GRAYSON, BRUCE WAYNE, NIGHTWING, THE JOKER, THE GREEN LANTERN, THE GREEN ARROW, OLIVER QUEEN, THE JUSTICE LEAGUE, AND SUPERMAN **ARE TRADEMARK PROPERTIES OF DC COMICS.**

INTRODUCTION

WHAT YOU'RE AFTER, AND HOW (AND WHY) TO GET IT:

A BRIEF DISCUSSION OF PHYSIQUE & PHILOSOPHY

Physique—Defining and Attaining *THE "LOOK."*

This program is very clearly intended to help you develop a **SUPER HERO** body, and so it makes sense about the look you desire.



*CHRIS EVANS' CHEST: THE MOST
TALKED ABOUT BODY PART IN
HOLLYWOOD AS OF SUMMER 2011*

Like most trends, it all stars in Hollywood. The stars playing **SUPER HEROES** in film have gotten enormous amounts of media attention or their bodies.

What is it about the appearance of Hugh Jackman, Ryan Reynolds, or Chris Evans that gains so much attention? It's not like people haven't seen a leading role in shape before. But this is different.

There is a *certain aesthetic* that **demands** this kind of attention.

Women are no different.

Jessica Biel's turn as a vampire hunting beautiful bad-ass in *Blade* required the hallmark body of a **SUPER HERO**. Scarlett Johansson achieved the "look" for her role as Black Widow in *Iron Man 2*. And, not surprisingly, after each of these films, these women were discussed more for the shape they were in than for the parts they played.

Even though the appearance of men and women is radically different, there is a certain "look" that a body needs to have to portray a Hero who can kick-ass and save the day.

IT STARTS WITH A BODY THAT IS *LEAN, DENSE, AND POWERFULLY ATHLETIC* LOOKING.

The "look" is comprised of strong, sexy shoulders and a wide back that compliments a lean waist, and streamlined but powerful looking arms. And there is a level of muscularity that is above average, and even obvious in clothing.

But even the muscle is different. It's not awkward or out of place. This physique always looks good in clothes, whether dressed up in a suit or wearing casual clothes. rather than being awkward and bulky

When you have the **SUPER HERO** body, you can don a comfortable-fitting shirt and everyone will know that they're in great shape without looking like a show-off or a meathead. Or, if you prefer, dress your physique down and maintain your carefully guarded secret identity.

To the uninformed, the *SUPER HERO*'s exterior can be either immediately impressive, or completely unassuming (depending on wardrobe)—but *a/ways* has a secret reserve of strength.

You might not know this from seeing such a body in a winter coat, but rest assured, the *HERO* is stronger and more powerful than most people that outweigh them by 20 or 30 pounds. This is evident in the gym, a flag football game, or in the event of an emergency that calls upon physical prowess. For women, it's evident in the way you never need a man's help, or how your husband asks YOU to open pickle jars.

Lastly, the body LOOKS as great as it performs. It's the type of body that peers view with jealousy and prospective hook-ups stare at with longing. He—or she—who possesses the powerful *SUPER HERO* body looks more like a Roman statue, fitness model or an Olympic athlete than like a giant mass of muscle.

These are the *true* hallmarks of a physique that is inspired by *HEROES*; a physique that looks like it could have jumped right from the pages of a comic book—and it is from those books that we have drawn inspiration for the various phases of this training program.

Philosophy – *HEROES AREN'T BORN* *THEY'RE MADE (On Purpose)*

“The path to your **SUPER HERO** destiny *doesn't* start with the body—it begins with your mind. Heroes understand the difference between dedication and motivation, and use that to power their passion. The person that is dedicated to their purpose rarely has to seek the motivation to meet their goals. Those who say “I just can't get motivated,” actually have issues with dedication.

Motivation is the short-term solution. Dedication will get you the body that is far beyond what you ever thought possible. Attach your fitness goals to a higher purpose and you'll find that you simply do the things that will bring you to your goals without even thinking about them.

But that's only one component. There's another that relates back to having the proper mindset and its relation to your goals: you *must* understand the difference between “training” and “working out.” A workout is a general description of exercise that can mean any number of things from lifting weights, doing yoga, to moving furniture or spinning in circles. For our purposes, it's too generic of an expression.

Training, on the other hand, implies a *purpose*; a plan, and **a specific outcome that we are seeking**.

When you go into the gym, you need to have a plan that you execute which makes you better each and every time brings you closer to your goals. When you walk into the gym, you should never ask your training partner, “So what do you want to work today?”

This is one reason that we look to **SUPER HEROES** to inspire us for the purposes of this program. These heroes have dedication and motivation in spades. Bruce Wayne doesn't even *think* about missing training sessions. Oliver Queen (the Green Arrow) *never* skips out on archery practice.

Wanting to look great for a beach barbeque over the summer is a good short-term goal, but it will only carry you through until you've met that goal. After that, then what? Any **SUPER HERO** in comics or in film has a dedicated purpose to their life and a belief that is deeply connected into their own self-image. Most of their stories are based upon a life of suffering and deprivation aimed at fulfilling their purpose.

We're not suggesting that on some level looking better isn't a worthy goal (*there's no one in the world who believes that more than Roman*); but really, looking good is worthwhile because it makes you feel good, and that allows you to enjoy your life more. And when you do that, you are a more effective member of society.

We're also not suggesting moving into an ice-lair and abstaining from all social interaction during the duration of the program, but having a greater purpose makes the big and the small obstacles much easier to overcome.

The mindset of the **SUPER HERO** finds greater purpose in the pursuit of a better body. Therefore, we suggest that during your time on **THE SUPER HERO WORKOUT**, you try to do something "good" each day. Every day, don't just dedicate yourself to your training and nutrition—dedicate yourself to taking 5 minutes and doing something good.

Some of you will undoubtedly eat less food while on the program—perhaps take some of the money you're not spending on junk, and donate a small amount of

money to charity. Or, when your clothes no longer fit because you're rockin' a hot new bod, donate the cast-offs. Rescue cats from trees, help old ladies cross the street, and say "THANK YOU" when you see a veteran.

Oh, and if you see one of those kids in the parking lot selling candy bars to help their teams pay for jerseys, can you PLEASE just buy one? Because I used to have to do that when I played sports, and it SUCKED. Seriously. Buy one.

(Roman).

Finally, would it kill you to recycle? C'mon, man, it's definitely heroic.

Okay, okay, enough kidding. The point is that those who end up in awesome shape and those who *stay* that way have a set of ideals and beliefs that tie into their character in such a way that there is no other option but to succeed. It's the true **SUPER HERO** mindset.

So, don't just *look* like a **SUPER HERO**. Act like one.

THE OBLIGATORY ORIGIN STORY

OR, "WHY WE DECIDED TO WRITE THIS BOOK"

As is often the case with these things, the best way to start this is probably with the classic line, ***"it's kind of a funny story..."*** Well, in fact, it's two stories that happen to be startlingly similar.

Growing up, we (that is, both of your humble authors) loved comics, and the heroes in them. In fact, we probably enjoyed them more than most other young boys—simply because of location. Living in New York and reading comics, it's hard NOT to picture yourself IN them. Whether you call it "Gotham" or "Metropolis" or "Star City" – the fact is that NYC serves as the backdrop for nearly every major comic book character in the world.

Given that, like most young boys, we both wished we could BE the **SUPER HEROES** from the comic books. Which of course wasn't possible. The next best thing would be to look like them. Well, unfortunately, neither of us did. As it turns out, we both grew up chubby kids who didn't get into shape until their teenaged years (Matt at 14, and Roman at 19).

The cool thing was that during our respective transformations, both of us were able to draw constant inspiration from the bodies of the **HEROES** we admired. Years later, **SUPER HERO** movies began to be popular, and we have been similarly inspired—in a fan-boy kinda way—by the physiques of the actors portraying those heroes.

In a completely **different** way, we've been able to draw a lot of professional inspiration as trainers from the transformations that actors have undergone to achieve "the look." In some cases, the change is so remarkable that the actors have been accused of using steroids.

WELL, WE KNOW BETTER.

It just so happens that ONE of your authors (Mr. Matt McGorry) has trained a number of actors for films, including a few **SUPER HERO** films. Roman, on the other hand, has trained models who have gone on to serve as the body-image model for CGI characters in video games.

All of which is to say—that the decision to write **THE SUPER HERO WORKOUT** came very easily to us, because we have first-hand experience building REAL **SUPER HEROES**. Add in our Geeky love of the subject matter, as well as our complete expertise with regard to training every type of person...this was a match made in heaven.

The truth is, we KNOW. We know what it takes to take a guy like Chris Hemsworth from being “in good shape”...



CHRIS HEMSWORTH, BEFORE
TRAINING FOR **THOR**

...TO ABSOLUTELY AND COMPLETELY JACKED. (SEE BELOW!)



*HEMSWORTH AFTER A PROGRAM LIKE THE ONE
YOU'RE ABOUT TO UNDERTAKE.*

Add to that the frequency with which we get questions like the following:

- “How do I get abs like Ryan Reynolds in *Green Lantern*?”
- “How do I get a chest like Chris Evans in *Captain America*?”
- “How do I get shoulders like Jessica Biel in *Blade*?”
- “How do I get arms like Hugh Jackman in *X-Men*?”

...and it's not hard to see why we thought there was a need for a program like this when we're sitting on the answers.

As mentioned, you won't just *look* the part of a **SUPER HERO**. Because of the structure, at the end of the program...you'll be able to *perform* like one. So get ready—because in just 12 short weeks, you're going to have to stop yourself from fighting crime in your underwear.

-Roman & Matt

Oh, and PS...

IF YOU NEEDED FURTHER CONVINCING, GUYS WHO ARE BUILT LIKE SUPER HEROES GET ALL THE GIRLS.

SEE EVIDENCE:



OKAY, WE CAN'T BACK THAT UP WITH SCIENCE OR ANYTHING...WE JUST REALLY LIKE THIS PICTURE.

HOLY DIGITS, BATMAN! WHAT THE DEVIL DO ALL THOSE NUMBERS MEAN!?

A Brief Word About Tempo Prescriptions

For the purposes of helping you develop an awesome body that looks AND performs **SUPER HERO**-ically, we have taken the programming beyond the simplicity of exercises, sets, and reps. In order to help you get the most out of *every rep of every set of every exercise*, we've given you **tempo prescriptions** for most workouts—specifically, those workouts which are intended to help you increase either strength or muscle mass.

While it's not necessary to follow these *exactly*—that is, don't focus so intently on maintaining tempo that you sacrifice form or, to a lesser extent, weight—you **should** be making the effort to stay as close as possible. Consider this the secret X-Factor in your training. These numbers are important, and, if you make this a part of your training, will you take your progress to the next level.

There are two distinct types of Tempo Prescriptions that we use in the Super Hero Workout: **three-point tempo prescription** and **four-point tempo prescription**; each of these will be represented at by a series of numbers, or, in rare cases, the letter X.

Three-Point Tempo Prescriptions

In order to understand either type of prescription, you must first understand that every exercise has multiple phases of movement.

- The first movement is the lowering phase of the **lowering** portion of the movement, or what is called the *eccentric phase*.
- The second phase is the pause before lifting the weight.
- The third phase, obviously, is the **lifting** portion of the exercise, or what is called the *concentric phase*.

In a three-point tempo prescription, tempo is represented by a digit number, with each phase is represented sequentially.

That is, the first number refers to the **eccentric** movement, the second number is the **pause** between eccentric and concentric and the third number is the **concentric** portion of the rep. Using the three point tempo prescription would look like this: 3-2-2. (3-seconds lowering, 2-second pause, 2-seconds pushing the weight up.)

Four-Point Tempo Prescriptions

On some exercises, we felt it would be beneficial to take things one step further, separating and quantifying the stretch **and** the contraction instead of only the single pause. This calls for a four-point tempo prescription.

For example, a standard rep in the barbell curl would have a 3 second eccentric (lowering the weight), 1 second pause in the stretch (bottom) position, a 2 second concentric and a 0 second pause in the contracted (top) position: This is denoted by a tempo prescription of 3-1-2-0, or simply 3120.

Again, each of these numbers represents the following, respectively:

- 3 - Eccentric (**lowering**) contraction
- 1 - Stretch position
- 2 - Concentric (**lifting**) contraction
- 0 - Contracted position

X MARKS THE EXPLOSION

On rare occasions, one or more of the phases of a given movement will be represented by the letter **X**, rather than numerically. This denotes an explosive movement, either in terms of lifting OR a directional change.

For example, if the exercise in question is an explosive barbell curl, a 4-point tempo might be represented: 31X1. In this case, there is a 3-second lowering phase, a 1-second pause at the bottom of the movement, an explosive concentric phase (lift the weight as quickly as humanly possible), and then a 1-second paused contraction at the end of the rep.

Alternatively, 3-point tempo prescription for an exercise like the chin-up might be represented as: 30X. In this case, you're lowering yourself from the bar over a 3-second period, pausing minimally at the bottom of the movement, and exploding back up as quickly as you can.

Speaking generally, the prescription of an **X**-tempo is going to primarily be utilized during Olympic lifts and other explosive movements; however, on a few occasions you will see them elsewhere.

THE SUPERHERO WORKOUT

PHASE ONE **BUILD THUNDEROUS POWER & STRENGTH!**

Weeks 1-3

PHASE ONE of *THE SUPERHERO WORKOUT* is going to start with a **bang**. We're talking thunder, lightning, and some serious power ...because **Phase One** is *all about* Power and Strength.

You see, **PHASE ONE** draws it's inspiration from some *very* popular (and powerful!) super heroes who have been gifted with Super Strength. Of course, as anyone who's ever lifted a weight will tell you, getting stronger is *always* part of the goal.

And in the spirit of two of this summer's biggest blockbuster movies, **PHASE ONE** is intended to help you develop a body like Chris Evans or Chris Hemsworth, who play heroes *Captain America* and *Thor*, respectively.

Moreover, we are looking not just to the actors, NOT just to the movies, but to the heroes themselves—because it's from those heroes that **PHASE ONE** draws its inspiration.



And it's not hard to see why.

Seriously, if you're talking about **POWER**, look no further than the God of Thunder--he's well known for whipping *Mjolnir* (to you non-nerds, we're talking about his heavy-ass hammer) through his foes with crushing speed and even splitting the Earth with it when necessary.

Before we go any further, we should touch briefly on a very important point: every Phase of *THE SUPER HERO WORKOUT* will build, in part, on the **Phases** that preceded it—and so in many ways, **PHASE ONE** is the most important. These three weeks really focus on developing a strong base of power and strength, upon which everything else will be built.

Got it? Okay, good—back to **PHASE ONE**.

We know that strength and power truly compliment each other well; and once you understand each of them separately, it's easy to see how they work together.

Without getting too bogged down in the minutia of concepts you are probably familiar with, a good definition of **STRENGTH** is the ability to produce force.

POWER, on the other hand, is the ability to produce force *quickly*.

While they *are* related, they function somewhat independently of one another, which means that increasing your strength *doesn't* automatically make you more powerful, and increasing power *doesn't* necessarily make you stronger.

If you focus *only* on **STRENGTH**, certainly, the amount of force you can generate will increase; however, the speed at which you can "access" it will *not*—which has obvious limitations for everything from athletics to crime-fighting to performance in the gym.

Similarly, focusing exclusively on workouts to increase your **POWER** will allow

you to generate force more quickly—but the maximum amount of force you can generate will *not* increase as much as you'd like.

Of course, the solution is to focus on developing these qualities *concurrently*.

To help you visualize, imagine trying to put a spike into a railroad track. The first step is picking up the hammer and being able to wield it, but you also have to be able to swing it with crushing speed.

To do this, we're going to turn the clock back and employ the most time-tested movements, as classic as the mythology surrounding our Norse hero.

We are going to hammer in (pun way intended) both the ability to produce high levels of force and to do it quickly; the latter is where the complexes come in especially handy. Olympic lifting variations like cleans and snatches are the *perfect* expression of this; these power movements are **combined** with traditional strength exercises and *limited* rest periods in order to challenge you into producing a high power input while fatigued.

Put into practical terms, we want you to be able to produce wrecking blows tirelessly, not just be a one-hitter. And that's what the four workouts in ***PHASE ONE*** will accomplish.

Within the context of ***PHASE ONE***, workouts Two and Four are designed to make you produce force *quickly*, whereas workouts One and Three **will work on the other side of the equation**.

Overall, these workouts will magnify your overall *force*/strength output and functional muscle levels so that you can actually produce that high level of force to begin with. To accomplish this, these workouts are constructed from the most basic foundations of strength training; bilateral movements that can be trained heavy and hard.

The heavier grinding workouts and the lighter speed based ones are the perfect compliment to one another and go together like peanut butter and jelly or lightning and thun...well, you get the point.

This will get you to produce a higher level of force (lift big weights), be able to do it faster...and then *keep* doing it. Prepare to be a human piston.

Training Frequency and Set Up: During ***PHASE ONE***, you will be training 3x/week, with at least a day of rest in between each. To allow for optimal recovery and variety of stimulus, you'll rotate 4 workouts over the 3-day schedule--so the first week you'll perform two strength workouts and one complex, the second week two complexes and a single heavy strength workout, and the third will be the same as the first.

Note on Complexes: A quick explanation of the complexes for those of you that will be attempting them for the first time. The exercises are to be done back-to-back *without rest* until completing the entire complex. Then, take the prescribed rest and repeat it for the given number of sets. After that, take a few minutes to recover (you'll need it) and repeat with the second grouping.

Each Complex Workout is comprised of two distinct complexes, or groupings--these complexes will be labeled "**A**" and "**B**" respectively, for each workout. Complex **A** is designed to be done with heavier weights and is more power based, which is why you'll be using lower reps. Complex **B** is to be done with lighter weights (hence the higher reps) and will be a bit more challenging in terms of power endurance and cardiovascular output.

Complexes and Tempo: Complexes are workouts for which you will not see tempo prescriptions; that's because the goal is to get through the complex as quickly as possible. For all complexes, lift the weight explosively, and lower under control.

PHASE ONE - WORKOUT ONE

Full Body Training (Strength)

A1) Barbell Bench Press (medium grip) 10x3. Tempo: 40X

A2) Snatch Grip Barbell Deadlift -10x3. Tempo: (lower under control)

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.

B1) Chin-ups (Medium Grip) 5x5. Tempo: 40X

B2) DB Split Squat (front foot elevated) 4x6-8. Tempo: 3110

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.

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.

PHASE ONE - WORKOUT TWO

Complexes (Power)

Complex A – Barbell Complex for 4x6

Set Up: Perform A1, A2, A3 and A4 are 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 second and repeat. Select a weight that makes your weakest exercise challenging, but allows you to complete all reps on that exercise.

Recommended Starting Weights:

Men – 75-95 pounds

Women – 35-45 pounds

A1) Hang Power Snatch

A2) Front Squat

A3) Push Press

A4) Hang Clean

*Perform this complex a total of **4** times; after your third one, rest 2-4 minutes and proceed to Complex B.*

Complex B – Dumbbell Complex for 3x12

*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.*

Recommended Starting Weights:

Men –25-40 pound dumbbells

Women – 10-15 pound dumbbell

B1) Two Arm Dumbbell Swing

B2) Unsupported 1-arm DB row (lunge stance)

B3) Neutral Grip Overhead Press

B4) Alt Reverse Lunge

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.

PHASE ONE - WORKOUT THREE

Full Body Training (Strength)

A1) Pull-ups (medium grip) 8x4. Tempo: 40X

Note: If you can't complete the sets/reps with bodyweight, use pull downs or an assisted chin-up.

A2) Barbell Squat (wide stance) 8x4. Tempo: 40X

Alternate A1 and A2, resting 90 seconds between exercises for a total of 8 sets each. After your last set, rest 180 seconds and proceed to B.

B1) High Incline Neutral Grip DB Bench- 5x5. Tempo: 31X

B2) Barbell Romanian Deadlift- 4x6-8. Tempo: 30X

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.

PHASE ONE - WORKOUT FOUR

Complexes (Power)

Complex A – Barbell Complex for 4x6

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 second and repeat. Select a weight that makes your weakest exercise challenging, but allows you to complete all reps on that exercise.

Recommended Starting Weights:

Men – 115-135 pounds

Women – 45-65 pounds

A1) Hack Squat (heels elevated)

A2) Push Press

A3) Bent Over Row (overhand grip)

A4) Barbell RDL

Perform this complex a total of 4 times; after your fourth one, rest 3-4 minutes and proceed to Complex B.

Complex B – Dumbbell Complex for 3x8

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.

Recommended Starting Weights:

Men – 25-35 pound dumbbells

Women – 10-15 pound dumbbell

B1) High Pull

B2) Standing Arnold Press

B3) DB Front Squat

B4) Bent Over row (prone grip elbows out)

B5) High Step-up

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.

THE SUPERHERO WORKOUT

PHASE TWO **YOU DON'T NEED SUPER POWERS TO** **BE A SUPERHERO!**

Weeks 4 & 5

Phase Two of *THE SUPERHERO WORKOUT* is going to be different from the other Phases because it draws inspiration from heroes who stand out in a few ways.

While being able to lift a car, dodge (or catch) bullets, or fly through the air are incredibly cool, the fact remains that they **aren't** a **necessity** to fight crime, thwart evil, OR build an awesome body. The truth is, not all **SUPERHEROES** have Super Strength. Or Super Speed. Or super *anything*, really.

In fact, some of the most compelling comic book heroes don't have anything "super" about them at all—and yet they still manage to save the day. This is what makes them, we think, the most relatable. Perhaps it even explains why *The Dark Knight* was one of the highest grossing films of all time, and the recent Superman reboot was a box office flop.

As mentioned, **SUPERHEROES** like Batman, Nick Fury, Daredevil and the Punisher can't claim any true super powers.

Random Comic Book Geek Sidebar: Sure, Daredevil has "heightened" senses after going blind, and Batman's constitution seems a bit atypical, but ultimately, they are regular human beings. This is also true for a number of less well-known **SUPERHEROES**, like Bucky (Captain America's sidekick) and all three characters that wore the Robin costume (including the original, Dick Grayson, who later became Nightwing). Some characters, lacking powers of their own, augment their physicality with technology of some sort; a great example would be Tony Stark and the Iron Man suit.

(Sorry about that. Sometimes you just need to *geek out*.)

Getting back to the point, these characters are the ones who are most like us—and because of that, they are, in many ways, completely unlike our other Super Heroes. Which means that while the other phases will get you strong and powerful and help you *look* like a hero, ***PHASE TWO*** can help you perform like one in many ways.

And so, when designing this phase, we looked at such heroes, and it was from them that our inspiration came.

Let's look at the ever-popular Batman.

The Caped Crusader is a lot like us—at least in that he doesn't have any super powers. He's just an ordinary (but extremely bad-ass) guy with a huge chip on his shoulder, which has led him through years of sacrifice.

Hyper-intelligent gadget designs, rigorous strength training, and years spent in the combative arts made him into a formidable hero without the gifts that many of our heroes were born with; rather than flying after villains or scaling buildings to catch them, he is left relying on his high levels of trained human athleticism.



Note: *Okay, okay, YES, it helps that he's a billionaire, which allows him such resources...but thankfully, for this Phase, you won't need to be rich—just motivated.*

PHASE TWO of *THE SUPER HERO WORKOUT* is arguably the most demanding.

Rather than targeting a specific muscle group, the exhaustion of these workouts is cumulative and spread throughout the entire body.

This will send a metabolic shockwave through the body thereby torching bodyfat and amping up work capacity.

Unlike **PHASE ONE**, which uses heavier weights and slightly longer rest periods, this method of training employs moderately heavy weights, which jack up the heart rate and *keep* it pounding at high intensities for the entire circuit.

During **PHASE TWO**, we'll be employing a type of *density training*—this has merit for a few reasons.

Outside of being extremely effective for the purposes of general fitness, we've also learned from research on programs like [Final Phase Fat Loss](#) that increasing training density has the added benefit of helping to raise testosterone levels, which will help you burn extra fat and build extra muscle; in addition, this can help you to fix any hormonal imbalances you might have.

And besides, we can all agree that **SUPER HEROES** probably *aren't* suffering from low testosterone!

The typical situation for a non-super-powered **SUPER HERO** requires a high degree of general athleticism, explosiveness and cardiovascular conditioning.

In order to forge your body into one capable of such Heroics, ***PHASE TWO*** is a 2-week phase that will consist of the following:

- Unilateral exercises (that use one leg or one arm at a time) will **build stability in the hip and shoulder complexes**, eliminate weakness from muscle imbalances, in addition taxing the core as your body tries to keep itself from collapsing.
- Plyometrics (specifically in the lower body) will **build the ability of the muscles to produce and maintain explosiveness** while the entire system is under fatigue.
- And finally, we'll make use of FAT GRIPZ* in order to **tax the muscles of the hands and forearms**.

***FACT:** Heroes who can't fly typically find themselves in precarious positions like hanging from the edge of a building—that's the inspiration. More practically, building grip strength has carryover to many upper body exercises and lower body exercises where grip is a limiting factor. FAT GRIPZ will help with all of these.

Each workout will rotate in giving a specific muscle group additional *focus*; this will help prepare you for the local fatigue (concentrated in a specific muscle group) of the ***PHASE THREE***, which calls for a lot of volume on a given muscle each day.

Because there are 6 exercises in each circuit, the main sensation will not be exhaustion of a specific muscle group as you'll be getting around 6 minutes of "rest" before returning to each exercise. These workouts are 25 minutes of non-stop action and require your entire focus. They'll supercharge your metabolism and improve your mental toughness to get you ready for the rigors of the next phase.

Here's a bit of a scene-setter to help you get your mind right for the intensity of ***PHASE TWO....***

IMAGINE THAT YOU'VE RECEIVED A CRYPTIC NOTE FROM THE JOKER that there is a ticking time bomb planted in a mystery-location and only **25 minutes** till *the Big Boom*.

You're in pursuit of four of the Joker's henchman and leaping over fences before kicking down a locked door to an abandoned warehouse.

After sprinting up six flights of crumbling stairs you discover that they go no further; the only way to go is UP. Jumping and climbing up the slippery exposed beams in the building, you're then forced to climb a rope 30 feet to the next flight.

Exhausted from the chase, you reach deep down into your strength reserves and engage in vicious hand-to-hand combat with the villains. You deliver countless blows with your fists, feet, knees, and elbows, throwing your foes in all directions as you pummel them into giving the whereabouts of the explosives.

With 1:34 seconds left to detonation, you notify the police department and thwart your arch-nemesis' plan once again. All in a days work for the Dark Knight.

(Of course, the Punisher probably would have just shot everyone and stopped the bomb with a bigger bomb. But that's not really an option for you.)

Okay, okay—enough geek-speak; back to the training.

As you may be aware, density workouts (of any type) are based on the principle of doing an increasing amount of work in a set amount of time, which thereby produces a feeling of great urgency and self-competition.

These sensations are augmented by the combination of a ticking clock and the violent shaking of ones arms and legs as you struggle to finish each set with your heart and lungs screaming in your chest.

Finally, there will be the added difficulty of holding on to the FAT GRIPZ while your hand strength rapidly deteriorates.

***PHASE TWO* TRAINING BREAKDOWN:**

25-Minute Density Sessions

Workout Set Up and Guidelines:

- Complete 3x/week with at least 1 day rest in between (Mon/Wed/Fri)
- To start, each exercise is to be performed for **roughly 8-10 or 10-12** reps. As a guideline for selection weight, begin with what you approximate to be your 15 Rep Max. *(ie a weight that you could NOT lift more than 15 times).*
- The exercises are to be performed in circuit fashion, moving from one to the next. These are NOT complexes, so you ***are allowed*** to rest if you need to; however, try not to. Keep rest minimal, and try to get through all 6 exercises without resting. You may
- No matter what, **STOP** the workout when the 25 minutes are up. Ideally, you should get through between 3 and 4 circuits. If you can complete FOUR or more circuits, increase the weight for your next workout.
- Tempo is controlled and steady; there is no need to closely monitor tempo or make an extreme effort to lower slowly OR explode with all your might. The obvious exception to this are the plyometric exercises, during which you SHOULD attempt to explode.
- If you're pretty comfortable with plyometrics, you can make most of the moves harder by holding a medicine ball, dumbbells, or pausing at the bottom of the movement

PHASE TWO - WORKOUT ONE

FULL BODY TRAINING WITH *UPPER BACK* FOCUS

*Set a timer for **25-minutes**, and perform A1-A6 sequentially, resting as infrequently as your conditioning allows. Try not to rest between exercises, or even circuits. Remember, these are not complexes, and therefore not done with a single pair or DBs; rather, use weight that is appropriately challenging for each exercise.*

- A1) Lunge Jumps**
- A2) Inverted Row**
- A3) Barbell Back Squat (Narrow Stance)**
- A4) Bodysaw Planks (ValSlide)**
- A5) Alternating Flat DB Bench (fat grip)**
- A6) Rear Delt DB Raise (bent over)**

*Perform **8-10** reps for each exercise and proceed in a circuit fashion. If you can get through **4** or more complete circuits in 25 minutes, increase the weight the next time you perform that workout.*

PHASE TWO - WORKOUT TWO

FULL BODY DENSITY TRAINING WITH *SHOULDER* FOCUS

*Set a timer for **25-minutes**, and perform A1-A6 sequentially, resting as infrequently as your conditioning allows. Try not to rest between exercises, or even circuits. Remember, these are not complexes, and therefore not done with a single pair or DBs; rather, use weight that is appropriately challenging for each exercise.*

- A1) Squat Jump**
- A2) Seated DB Shoulder Press (Use FAT GRIPZ)**
- A3) Dumbbell Woodchopper**
- A4) Single Arm Dumbbell Row on Bench**
- A5) Standing DB Lateral Raise**
- A6) BB Romanian Deadlift**

*Perform **10-12** reps for each exercise and proceed in a circuit fashion. If you can get through **4** or more complete circuits in 25 minutes, increase the weight the next time you perform that workout.*

PHASE TWO - WORKOUT THREE

FULL BODY DENSITY TRAINING WITH *LAT* FOCUS

*Set a timer for **25-minutes**, and perform A1-A6 sequentially, resting as infrequently as your conditioning allows. Try not to rest between exercises, or even circuits. Remember, these are not complexes, and therefore not done with a single pair or DBs; rather, use weight that is appropriately challenging for each exercise.*

- A1) Bulgarian Split Squat Jump (kick heel to butt)**
- A2) Pull-up (prone/medium grip)**
- A3) Barbell Front Squat**
- A4) Dumbbell Pullover**
- A5) Half-off DB Bench Press**
- A6) Swiss Ball Lever Crunch (hands over head holding small DB)**

*Perform **10** reps for each exercise and proceed in a circuit fashion. If you can get through **4** or more complete circuits in 25 minutes, increase the weight the next time you perform that workout.*

PHASE TWO - WORKOUT FOUR

FULL BODY DENSITY TRAINING WITH *CHEST* FOCUS

*Set a timer for **25-minutes**, and perform A1-A6 sequentially, resting as infrequently as your conditioning allows. Try not to rest between exercises, or even circuits. Remember, these are not complexes, and therefore not done with a single pair or DBs; rather, use weight that is appropriately challenging for each exercise.*

- A1) Tuck Jump**
- A2) Incline DB Bench Press (fat grip)**
- A3) Neutral Grip Chin-up**
- A4) DB Bulgarian Split Squat**
- A5) Pushup (feet elevated)**
- A6) Lying Reverse Crunch**

*Perform **8-10** reps for each exercise and proceed in a circuit fashion. If you can get through **4** or more complete circuits in 25 minutes, increase the weight the next time you perform that workout.*

PHASE TWO - WORKOUT FIVE

FULL BODY DENSITY TRAINING WITH *ABS* FOCUS

*Set a timer for **25-minutes**, and perform A1-A6 sequentially, resting as infrequently as your conditioning allows. Try not to rest between exercises, or even circuits. Remember, these are not complexes, and therefore not done with a single pair or DBs; rather, use weight that is appropriately challenging for each exercise.*

A1) Burpee (no pushup)

A2) Steep Incline Dumbbell Bench (neutral fat grip)

A3) Ab Rollout (barbell or wheel)

A4) Lateral Lunge (w/dumbbell)

A5) Chest Supported DB Row on 45 Degree Bench

A6) Anti-Rotation Russian Twist

*Perform **10-12** reps for each exercise and proceed in a circuit fashion. If you can get through **4** or more complete circuits in 25 minutes, increase the weight the next time you perform that workout. After your 25-minute circuit, rest 3 minutes and proceed to Circuit B.*

Perform B1 and B2 alternately, resting 45 seconds between exercises. After B2, rest 90 seconds.

B1) Seated DB Zottman Curl (fat grip) 3x10-12 (3011)

B2) Overhead DB Triceps Pressdown 3x10-12 (3011)

Perform this circuit a total of 3 times.

THE SUPERHERO WORKOUT

PHASE THREE

INCREDIBLE GROWTH FOR INCREDIBLE MASS,
INSPIRED BY THE BIGGEST (AND MOST
INCREDIBLE) *SUPERHERO* IN COMICS!

Weeks 6-10

Welcome to **PHASE THREE** of *THE SUPERHERO WORKOUT*, the four-week Phase specifically designed to catapult your muscularity to gargantuan proportions.

And, despite the fact that it may have been historically difficult for you to gain muscle, the way *THE SUPERHERO WORKOUT* is set up, that is no longer the case. You see, at this stage of the game, you're primed for growth—specifically because of the way the program is designed.

As mentioned in previous sections, *THE SUPERHERO WORKOUT* is a progressive program—meaning that each Phase builds upon the Phases that came before. And now, you're going to be able to take full advantage of that fact as we plunge into Phase Three.

PHASE ONE helped you develop strength and power—which you'll now use to hoist big weights for high volume, allowing for constant and intense muscle building stimulus.

PHASE TWO helped you increase muscular endurance, work capacity, and explosiveness with density based sessions and plyometric exercises. And the *focused* aspects of both workouts helped to increase tolerance to local fatigue.

Now, ***PHASE THREE*** is going to leverage those increases in endurance to build muscle in the *fastest* way possible, because your enhanced fortitude is going to be one of the many factors that allows you to train each body part both frequently AND with high reps.

During ***PHASE THREE***, you are going to be on a 4-day-per-week split; the training overall will therefore be high frequency.

The workouts are set up to cover a variety of rep ranges—from as low as 4 reps to as high as 20, so the volume and intensity are both variable, but relatively high. This will force you to recruit multiple fiber types for each muscle you work, allowing for complete stimulation and even greater growth. This system, coupled with a frequent feeding nutritional model and increased calories in your workout nutrition will lead to rapid increases in mass.



Drawing inspiration from the biggest and strongest Super Hero in comic history, *PHASE THREE* is all about achieving *HULK* status.

And, in order to develop massive amounts of muscle like Mean Green himself, we're going to be going “old school” and utilizing a variation of traditional bodybuilding split training.

Each of the four workouts is going to strategically pair body parts for maximal frequency of recruitment while at the same time allowing for adequate recovery.

*FOR THE NEXT **FOUR** WEEKS, YOUR WORKOUTS WILL BE...*

- 1) Chest and Back
- 2) Hamstrings and Calves
- 3) Shoulders and Abs
- 4) Quads and Arms.

*Prepare for a growth surge of **normally** reserved for those who are
EXPOSED TO GAMMA RADIATION....*

PHASE THREE - WORKOUT ONE

Chest and Back

A) Incline Barbell Bench Press - 6x6. Tempo: 41X1

Notes: Begin with your 10RM for your first set. Each set, increase the weight by ~10%. If you can complete all reps in all 6 sets, increase weight by ~20% for your next workout. If you do not have access to a barbell or incline bench, substitute with a flat bench, or DB bench press.

Rest 60-120 seconds between sets. After your last set, rest 180 seconds and proceed to B.

B1) Pendlay Row - 3x12. Tempo: 30X

B2) Low Incline Neutral Grip DB Bench Press - 3x8. Tempo: 31X

This circuit is to be performed three times. Alternate B1 and B2, resting 45-75 seconds between them and 90 seconds between circuits. After your last circuit, rest 3 minutes, and proceed to C.

C) Pull-Ups: 5x6/4/6/8/F. Tempo: 30X

Begin with wide grip pull-ups; perform 6 reps. Rest 60 seconds and perform 4 more wide-grip pull-ups. Rest 60 seconds, and then perform 6 narrow grip pull-ups. Rest 120 seconds, and perform chin-ups until muscular failure.

D1) Squeeze Press - 5x10. Tempo: 212

D2) Dumbbell Pullover - 5x10. Tempo: 310

This circuit is to be performed five times. Alternate D1 and D2, resting 45-60 seconds between them and 75 seconds between circuits. After your last circuit, rest 3 minutes, and proceed to E.

E1) Scap Push Ups - 2x12. Tempo: 11X

E2) Cable Row with 3 second hold - 2x8. Tempo: 3123

E3) Close grip pus ups - 2x15. Tempo: 31X

This circuit is to be performed twice. Alternate E1, E2 and E3, resting 45-75 seconds between them and 90 seconds between circuits.

PHASE THREE - WORKOUT TWO

Hamstrings and Calves

A) Trap Bar Dead Lift - 4x8. Tempo: Explode up, lower under control.

Notes: If you do not have a trap bar, a traditional barbell deadlift will suffice. Rest 75-120 seconds between sets. After your last set, rest 60 seconds and proceed to B.

B) Single Leg Calf Raise - 2x20. Tempo: 5-15-3-5

For EACH REP, pause at the top for FIVE seconds, and then hold at the bottom in the stretched position for 15 seconds. That's ONE rep. Go light here and focus on form. NO rest between legs. After your last set, rest 120 seconds and proceed to C.

C1) Barbell Hip Raise - 3x6. Tempo: 21X1

C2) Siff Lunges - 3x12 per leg. Tempo: 2111

In this variation of the lunge, you will be on your tip-toes for the ENTIRE set. This helps to drastically increase the involvement of the gastrocnemius. This circuit is to be performed 3 times. Alternate C1 and C2, resting 45-60 seconds between them and 75 seconds between circuits. After your last circuit, rest 3 minutes, and proceed to D.

D1) Romanian Deadlift - 2x12. Tempo: 2121

D2) Swiss Ball Leg Curl - 2x8-12. Tempo: 212

This circuit is to be performed 2 times. Alternate D1 and D2, with NO REST between them and 75 seconds between circuits. After your last circuit, rest 2 minutes, and proceed to E.

**E1) Alternating Reverse Lunges on ValSlide or SlideBoard 1x20 per leg
Tempo: 2111**

Note: If you do not have a ValSlide or a SlideBoard, you can substitute with a towel on a wooden floor. If you do not have access to that, regular reverse lunges will do. NO REST between legs.

E2) Seated Calf Raise - 1x20. Tempo: 5-10-2-3

Pause for 3 seconds at the top of the movement and 10 seconds at the bottom on EACH REP. This circuit is to be performed only once. Rest 60 seconds between exercises.

PHASE THREE - WORKOUT THREE

Shoulders and Abs

A) Push Press - 3x5. Tempo: 21X1

This exercise is to be done with near maximal weight. Aim for 90% of your 5 rep max (you may need to determine this beforehand). Rest 180 seconds between sets to allow for full recovery. After your last set, rest 5 minutes and proceed to B.

B1) Lumberjack Press - 2x10 (5 per side). Tempo: 2110

B2) Pot Stirrer Plank - 2x30. Tempo: Under control

B3) Y-Press - 2x15. Tempo: 1123

This circuit is to be performed two times. Alternate B1, B2 and B3 resting 45-75 seconds between them and 90 seconds between circuits. After your last circuit, rest 3 minutes, and proceed to C.

C1) Pallof Press - 3x8 per side. Tempo: 2122

C2) Arnold Press - 3x10. Tempo: 3021

C3) Garhammer Raise - 3x12. Tempo: 1020

C4) Explosive Lateral Raise. Tempo: 411X

This circuit is to be performed three times. Alternate C1, C2, C3 and C4 resting 45-75 seconds between them and 90 seconds between circuits. After your last circuit, rest 3 minutes, and proceed to D.

D) Shoulder Killers - 2x10/10/10/10. Tempo: 31X

Start with 10 bent over lateral raises; then perform 10 lateral raises; then perform 10 front raises; then perform 10 overhead presses. NO REST between exercises. After the overhead presses, rest 3 minutes and repeat. After your second set, proceed immediately to E.

E1) Rocking Plank 1x60 seconds. Tempo: Under control

E2) Pike Push-Up - 1xFailure. Tempo: Under control

This circuit is to be performed only ONCE. Perform a rocking plank and move immediately to the pike push-up with no rest. Perform as many pike push-ups as possible.

PHASE THREE - WORKOUT FOUR

Quads and Arms

A1) Squat - 6x5. Tempo: 3011

A2) Jump Squat - 6x30 seconds. Tempo: 1XXX

Perform a set of squats, then IMMEDIATELY perform as many jump squats as possible in 30 seconds with just your body weight. Rest 90 seconds. This circuit is to be performed 5 times. After your last circuit, rest 180 seconds and proceed to B.

B1) Close Grip Bench Press 3x8. Tempo: 30X1

B2) Front Squat to box or bench - 3x8. Tempo: 20X1

B3) Barbell Curl with Fat Gripz 3x10. Tempo: 3XX1

Alternate B1, B2 and B3, resting 90 seconds between exercises, and 180 seconds between circuits. Perform this circuit 3 times. After your last circuit, rest 240 seconds and proceed to C.

C) Bulgarian Split Squat - 2x12,12,8,8. Tempo: 2111

*Use a single dumbbell, held "goblet style" for weight. Perform 12 reps with your left leg, then 12 with your right; then perform 8 reps with your left leg, and 8 with your right. **This is ONE SET.** Rest 240 seconds and repeat. After your second set, rest 240 seconds, and proceed to D.*

D1) Cross Body Bicep Curl - 4x10. Tempo: 2021

D2) Overhead Triceps Extension w/ Dumbbell - 4x8. Tempo: 30X1

Alternate D1 and D2, resting 45 seconds between exercises and 150 seconds between circuits. Perform this circuit four times. After your last circuit, rest 240 seconds, and proceed to E.

E) Mechanical Advantage Lunge Drop Set - 1x12,10,15 per leg. Tempo: 2111

Perform 12 (per leg) alternating lunges with a LONG stride. Then perform 10 (per leg) alternating lunges with a very SHORT stride. Then perform 15 stationary lunges with your left leg forward, followed by 15 with your right leg.

THE SUPERHERO WORKOUT

(FANTASTIC) PHASE FOUR

LEARN HOW TO BECOME THE EQUIVALENT OF
YOUR OWN "TEAM" OF SUPERHEROES!

Weeks 10-12

Finally, we come to the last block of training—we come to **PHASE FOUR** of *THE SUPERHERO WORKOUT*, the 3-week Phase designed to help you complete your **SUPERHERO TRAINING**, and help you “polish off” your physique into tip-top shape.



In many ways, we consider **PHASE FOUR** the “All-Star” program. **SUPERHEROES** are known for banding together to form “teams.”

From the X-Men to the Fantastic 4 to the Justice League to the Avengers, **SUPERHEROES** recognize that in order to save the world, you need varying skillsets.

Sometimes you need Super strength, and you call Big Blue.

Sometimes you need a guy with a healing factor, and you call Wolvie.

And sometimes you need a guy who can...talk to fish (??) and you call

Aquaman. (Seriously, Aquaman? ***Seriously?*** *That's* your power? C'mon now.)

Well, the point is that in order to write compelling story lines, comic book authors realize that having ***SUPER HEROES*** whose powers work together creates a whole unit whose value is greater than the sum of it's parts.

Well, in ***PHASE FOUR***, we're going to build on that idea.

With the previous phases, we focused on just one quality—strength, endurance, or mass. And, each of those is important. However, by ***PHASE FOUR***, it's been about 7 weeks since you've done any strength and power work. It's also been about 5 weeks since you worked on your conditioning.

Now that we have developed each of those qualities piecemeal, it's time to teach your body to develop them together.

Just as any ***SUPER HERO*** team has to train together for a while in order to develop a rhythm and become effective together, so too must your training encompass all of the various qualities at once.

By working through ***PHASE FOUR***, you will finish the program a strong and powerful as you were in ***PHASE ONE***, as conditioned as you were in ***PHASE TWO***, and as muscular as you were in ***PHASE THREE***.

You'll ***also*** burn off any extra fat that you may have, increase muscle in some key areas, and even get a bit stronger.

In short, you'll become a ***THE SUPER HERO*** who is capable of accessing all powers at once, and using them to create something that is more than the sum of those individual powers.

In order to accomplish this very **SUPER HEROIC** task, this phase combines one day of fat loss training, one day of strength-based training, one day of mass building, and one day of flat out conditioning.

The 3-day per week program lasts 3 weeks, and, again, is intended to help you “finalize” your physique and set you up to dominate any program you decide to do after *THE **SUPER HERO** WORKOUT*.

*ALL THAT SAID, LET'S MOVE ON TO THE **WORKOUTS!***

NOTE: TO ACCESS ALL WORKOUT VIDEOS, PLEASE COPY AND PASTE THIS LINK INTO YOUR BROWSER:

[HTTP://SU.PR/8YJSBI](http://su.pr/8YJSBI)

PHASE FOUR - WORKOUT ONE

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 – 3x15**
- A2) Arnold Press 3x12**
- A3) Explosive Switch Row – 3x10 per arm**
- A4) Spiderman Lunges – 3x8 per leg**
- A5) Hand Walkout – 3x6-8**

Perform B1-B4 sequentially, resting 30 seconds between exercises and 60 seconds between circuits. This circuit is to be performed 4 times. After your last circuit, rest 90 seconds and proceed to circuit C.

- B1) Single Arm Bent Over Row with Elbow Out – 4x10 per arm**
- B2) Incline Dumbbell Bench Press – 4x6-8**
- B3) Jump Squat – 4x10**
- B4) Plank – 4x60sec**

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) – 2x12-15**
- C2) Alternating Lateral Lunge – 2x8 per leg**
- C3) Spiderman Push-ups – 2x8 per side**

PHASE FOUR - WORKOUT TWO

Density Based MUSCLE BUILDING*

NOTE: Women may use ANY workout from THE FEMALE **SUPER HERO TRAINING GUIDE in place of this workout, if desired.*

The structure for this workout is pretty simple: alternate a series of movements for a given period of time. After that, you rest as noted, INCREASE the weight, and **repeat** the movements attempting to meet or exceed the number of reps from your previous attempt. On each attempt, there will be no “assigned” number of sets or reps—each circuit is for time, and the goal is to get as many as reps as possible for each exercise.

*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**.*

A1) Front Squat

A2) Bent Over Row

*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.*

*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**.*

B1) Reverse lunge

B2) Upright row

B3) Chest press

*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.*

*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.*

C1) Thor's Hammer

C2) Dumbbell Lateral Raise

Again, the goal of the 2nd circuit should be to meet or exceed the reps from the first.

PHASE FOUR - WORKOUT THREE

STRENGTH Amplification Circuit

As the name implies, Strength Amplification Circuits takes circuit training and super-charges it in a way that is intended to lead to drastic increases in strength. The goal of performing Strength Amplification Circuits is to shred fat while gaining strength, and part of that is going to be neurological.

Instead of just "lifting" the weights, the focus is on lifting explosively. Each rep should be performed in the most explosive way possible. This helps to create greater stimulation for your nervous system, which will allow for the greatest recruitment of muscle fibers.

In order to make this effective, and in order to ensure that each set is challenging and stimulating without draining you, we're going to disregard traditional set and rep schemes. Rather than focus on a conventionally structured workout of sets and reps, the focus is only on the *total* number of reps.

WORKOUT SET-UP

This workout consists of two circuits, each comprised of 3-4 exercises. Rest is kept minimal to allow for increased metabolic enhancement.

<i>EXERCISE</i>	<i>SETS</i>	<i>TOTAL REPS</i>
A1) Barbell Lumberjack Press	Vary	30
A2) Bent Over Barbell Row	Vary	25
A3) Bulgarian Split Squat	Vary	40 (20/leg)
A4) Weighted Pull-Up	Vary	20

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.

<i>EXERCISE</i>	<i>SETS</i>	<i>TOTAL REPS</i>
B1) Deadlift	Vary	25
B2) Low-Incline DB Bench Press	Vary	35
B3) High Pull	Vary	30
B4) Alternating Barbell Lunges	Vary	30 (15/leg)

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.

PHASE FOUR - WORKOUT FOUR

SUPERHERO CONDITIONING

This workout is all about increasing your conditioning and work capacity. Similar to the workouts the workouts on phase two, which are based on training density, this workout is all about performing for time.

You will perform for a given time period, and then rest as specified. When you come back to this workout during subsequent weeks, the goal will be to progress the training difficulty by performing more reps, decreasing the rest, or both.

A Circuit: Perform exercises A1-A6 sequentially, each for **30 seconds**, aiming to complete as many reps as possible. Rest 30 seconds between exercises.

A1) Speed Squats

A2) Push-Ups

A3) Left Leg Romanian Deadlift (perform all reps with JUST this leg)

A4) Plank

A5) Right Leg Romanian Deadlift (perform all reps with JUST this leg)

A6) Inverted Row

Complete **4 circuits**, resting **45 seconds** between each. After your last circuit, rest **60 seconds** and proceed to B.

B Circuit: Perform exercises B1-B5 sequentially, each for **45 seconds**. Rest 30 seconds between exercises.

B1) Hand Walkouts

B2) Alternating Rev Lunges

B3) Mountain Climbers

B4) Jumping Jacks

B5) Spiderman Lunges

Complete **5 circuits**, resting **45 seconds** between each. After your last circuit, rest **60 seconds** and proceed to C.

C Circuit: Perform C1-C4 sequentially, each for **20 seconds**. Rest 10 seconds between each.

C1) Burpees

C2) Rocking Plank

C3) Seal Jacks

C4) Superman Hold

Complete 6 circuits, resting 20 seconds between each.

THE SUPERHERO WORKOUT

PHASE BREAKDOWN & TRAINING SCHEDULE

So far, we've covered what to do and how to do it. However, like any good training program, the Super Hero Workout is intended to be done according to a certain schedule.

While you can certainly make a few alterations here and there so that the workouts fit in with your schedule, it's extremely important that you follow two rules:

- 1) DO NOT perform the Phases out of order your first time through the program. Complete Phases 1-4 IN ORDER. Once you've been through the program once, you can repeat a phase if you wish to focus on a particular attribute.**
- 2) Make every effort to get in the required number of training sessions each week. If you need to move them around, that's okay (but not recommended)—but if a Phase calls for 3 sessions, train 3 times.**

On the following pages, you will find a schedule for each week of each Phase of *THE SUPERHERO WORKOUT*. For ease of reading, the days on which you train have been highlighted on the weekly schedules.

PHASE ONE

TRAINING SCHEDULE (WEEKS 1, 2 & 3)

THE SUPERHERO WORKOUT

PHASE ONE, WEEK ONE

DAY	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Activity	WORKOUT ONE	OFF	WORKOUT TWO	OFF	WORKOUT THREE	OFF	OFF

THE SUPERHERO WORKOUT

PHASE ONE, WEEK TWO

DAY	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Activity	WORKOUT FOUR	OFF	WORKOUT ONE	OFF	WORKOUT TWO	OFF	OFF

THE SUPERHERO WORKOUT

PHASE ONE, WEEK THREE

DAY	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Activity	WORKOUT THREE	OFF	WORKOUT FOUR	OFF	WORKOUT ONE	OFF	OFF

PHASE TWO

TRAINING SCHEDULE (WEEKS 4 & 5)

THE SUPERHERO WORKOUT

PHASE TWO, WEEK ONE

DAY	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Activity	WORKOUT ONE	OFF	WORKOUT TWO	OFF	WORKOUT THREE	OFF	OFF

THE SUPERHERO WORKOUT

PHASE TWO, WEEK TWO

DAY	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Activity	WORKOUT FOUR	OFF	WORKOUT FIVE	OFF	WORKOUT ONE	OFF	OFF

PHASE THREE

TRAINING SCHEDULE (WEEKS 6, 7, 8 & 9)

THE SUPERHERO WORKOUT

PHASE THREE, WEEK ONE

DAY	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Activity	WORKOUT ONE	WORKOUT TWO	OFF	WORKOUT THREE	OFF	WORKOUT FOUR	OFF

THE SUPERHERO WORKOUT

PHASE THREE, WEEK TWO

DAY	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Activity	WORKOUT ONE	OFF	WORKOUT TWO	OFF	WORKOUT THREE	WORKOUT FOUR	OFF

THE SUPERHERO WORKOUT

PHASE THREE, WEEK THREE

DAY	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Activity	WORKOUT ONE	OFF	WORKOUT TWO	WORKOUT THREE	OFF	WORKOUT FOUR	OFF

THE SUPERHERO WORKOUT

PHASE THREE, WEEK FOUR

DAY	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Activity	WORKOUT ONE	WORKOUT TWO	OFF	WORKOUT THREE	WORKOUT FOUR	OFF	OFF

PHASE FOUR

TRAINING SCHEDULE (WEEKS 10, 11, & 12)

THE SUPERHERO WORKOUT

PHASE FOUR, WEEK ONE

DAY	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Activity	WORKOUT ONE		WORKOUT TWO	WORKOUT THREE	OFF	OFF	OFF

THE SUPERHERO WORKOUT

PHASE FOUR, WEEK TWO

DAY	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Activity	WORKOUT FOUR	WORKOUT ONE	OFF	OFF	WORKOUT TWO	OFF	OFF

THE SUPERHERO WORKOUT

PHASE FOUR, WEEK THREE

DAY	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Activity	WORKOUT THREE	OFF	WORKOUT FOUR	OFF	WORKOUT ONE	OFF	OFF

TO BE CONTINUED...?

WHERE TO GO AFTER THE SUPERHERO WORKOUT

We hope that you're as excited about beginning *THE SUPERHERO WORKOUT* as we were about creating it. That said, like all comic books, like all stories, and like all other workout programs, the writing of this training program had to begin, in part, with the end in mind.

THE SUPERHERO WORKOUT is a 12-week program, and as we stated earlier, you **must** perform it exactly as we have it structured. This means that you are to do weeks One through Twelve sequentially—begin with *PHASE ONE*, and continue to *PHASE TWO*, follow up with *PHASE THREE*, and end with *PHASE FOUR*. After you experience the entire program, then the fun and flexibility begins.

If you picked up the *HYPEDRIVE PACK*, you could follow up with either *THE SUPERHERO SUSPENSION TRAINING* module or *THE SUPERHERO COMBAT TRAINING* module, which are included in that package.

However, that only applies to the FIRST time you go through the program. While you could simply repeat the program (and many people will do so!) we're certain that most people will get results so good that you'll want to see how much more you can do with your body. That requires a more specific approach to tackle your personal goals, whether it's more muscle, even less fat, or improved power and strength.

That's part of why we designed *THE SUPERHERO WORKOUT* in a *modular* fashion; once you've been through it once, you can follow up with a repeat of the specific phases that are related to goals you'd still like to pursue.

For example, let's say at the end of the program, perhaps you'd like to add more muscle, while getting stronger—but without gaining any fat. In that case, obviously the *HULK PHASE* and *THOR PHASE* are important.

Or perhaps you'd like to lose a bit more fat—repeating the *BATMAN PHASE* would be your solution.

There are countless goals, of course, and given the adjustability of each phase and the variety contained within *THE SUPERHERO WORKOUT* as a whole, there are countless ways to approach them.

However, we've taken the liberty of outlining a few templates for adjustments to follow up your initial 12 weeks, broken down phases according to the desired results; and so what you'll find on the following pages is a series of schedules for various goals.

On the following pages you'll find an easy-to-use template that will help you achieve your specific goals.

While we certainly can't give you a complete list (it would be impossible for us to cover all goals—just looking at arrangement of phases in their current blocks would allow for 24 combinations, without allowing for repeats), we gave covered what we think will be the *FIVE* most common follow up goals to *THE SUPERHERO WORKOUT* —in many ways, these schedules **each** represent the equivalent of a completely new program!

FOLLOW-UP SCHEDULE *ONE*:

DEVELOP PURE *POWER* WITH MINIMAL MASS

(16 WEEKS)

Weeks 1-8: *PHASE ONE*, REPEATED TWICE.

Weeks 9 & 10: *PHASE TWO*

Weeks 11 & 12: *PHASE ONE* (WEEKS *ONE* AND *TWO*)

Weeks 13 & 14: *PHASE THREE* (WEEKS *ONE* AND *TWO*)

Week 15: *PHASE FOUR* (WEEK *ONE*)

Week 16: *PHASE ONE* (WEEK *ONE*)

FOLLOW-UP SCHEDULE *TWO*:

BUILD *MASS* & *STRENGTH* WHILE MINIMIZING FAT GAIN

(16 WEEKS)

Weeks 1-4: *PHASE THREE*

Weeks 5-7: *PHASE ONE*

Week 8: *PHASE TWO* (WEEK *ONE*)

Weeks 9-12: *PHASE THREE*

Weeks 13 & 14: *PHASE ONE* (WEEKS *ONE* AND *TWO*)

Weeks 15 & 16: *PHASE FOUR* (WEEKS *ONE* AND *TWO*)

FOLLOW-UP SCHEDULE *THREE*:

DEDICATED FAT LOSS WITH MINIMAL MUSCLE GAIN

(12 WEEKS)

Weeks 1-4: *PHASE TWO*, REPEATED TWICE.

Weeks 5-7: *PHASE THREE*

Weeks 8 & 9: *PHASE TWO*, (OR **SUPERHERO** SUSPENSION TRAINING)

Weeks 13 & 14: *PHASE ONE* (WEEKS *ONE* AND *TWO*)

Weeks 12: *PHASE FOUR*, (WEEK *ONE*)

FOLLOW-UP SCHEDULE *FOUR*:

DEDICATED ATHLETIC PERFORMANCE INCREASE

(16 WEEKS)

Weeks 1-4: *PHASE ONE*

Weeks 4-7: *PHASE FOUR*

Weeks 8-10: *PHASE TWO*, (OR *SUPERHERO* SUSPENSION TRAINING)

Weeks 11 & 12: *PHASE ONE* (WEEKS *ONE* AND *TWO*)

Weeks 13 & 14: *PHASE FOUR* (WEEKS *ONE* AND *TWO*)

Week 15: *PHASE ONE* (WEEK *THREE*)

Week 16: *PHASE TWO* (WEEK *ONE*)

FOLLOW-UP SCHEDULE *FIVE*:

FURIOUS FEMALE TRAINING FOR FANTASTIC FITNESS

(16 WEEKS)

Weeks 1-4: *FEMALE SUPERHERO* TRAINING

Weeks 5 & 6: *PHASE TWO*

Weeks 7 & 8: *PHASE FOUR* (WEEKS *ONE* AND *TWO*)

Weeks 9-12: *FEMALE SUPERHERO* TRAINING (WEEKS *ONE*, *TWO* & *THREE*)

Weeks 13 & 14: *PHASE ONE* (WEEKS *ONE* AND *TWO*)

Weeks 15 & 16: *PHASE TWO*, (OR *SUPERHERO* SUSPENSION TRAINING)

AND NOW, FOR THE
EXCITING CONCLUSION...

TIME TO *BECOME* A *SUPERHERO*

All right! We've reached the end of the first part of your education on the road to becoming a *SUPERHERO*. But of course, as any comic book mentor will tell you, all the knowledge in the world isn't going to do you any good without execution.

And so, it's time to get started—and doing that is as simple as hitting the gym.

We'd like to take this opportunity to thank you for picking up *THE SUPERHERO WORKOUT*, and to congratulate you for taking this step; truly, you've made the right decision in placing your trust in us, and we can't tell you how awesome that feels. In many ways, we *might* be more excited than you to see your results!

While we certainly don't feel this is the "last program you'll ever need," we DO feel that it's one of the best programs you'll ever perform.

Given the multiple phases—each of which addresses a different fitness quality and is intended to be used for a specific goal—and the modified schedules provided at the end of the book, we know that you'll get a lot of use out of this program in the months and years to come...because *THE SUPERHERO*

WORKOUT is as compressive as any program on the market today.

However, just as a would-be hero uses various tools to get the job done—be it webs, Bat-erangs, or claws—your journey won't be complete with simply a training manual; while this is certainly the most important component of the entire program, it's not the only one you need to read.

Therefore, in order to begin your quest for **SUPER HEROISM** in the most effective and well-prepared manner possible, we would like you to take the next few minutes to read the other components of this program: **THE SUPER HERO SUPPLEMENTATION GUIDE**, **THE SUPER HERO QUICK START CHECKLIST**, and **THE SUPER HERO GEAR GUIDE**. If you're a woman, you should obviously check out **THE FEMALE SUPER HERO TRAINING MANUAL**.

If you picked up the **HYPERDRIVE PACK**, you should take a few minutes to read over **THE SUPER HERO NUTRITION GUIDE** and **THE SUPER HERO SUSPENSION TRAINING** module, both of which included in that package.

Keep in mind that we'll be your coaches for a while. So please, don't hesitate to ask us any questions—be sure to check out our respective websites:

Roman: www.RomanFitnessSystems.com and www.FaceBook.com/RomanFitnessSystems

Matt: www.MattMcGTraining.com

To quite Spiderman, we understand that with great power comes great responsibility....and so we're here to help you however we can.

YOUR FELLOW SUPER HEROES,

-Roman & Matt

THE SUPERHERO WORKOUT

ABOUT THE AUTHORS

JOHN ROMANIELLO

JOHN ROMANIELLO, author of *Final Phase Fat Loss*, is the founder of Roman Fitness Systems and a New York City based trainer, coach, writer and extreme comic book geek. Having worked with clients of every stripe—from overweight teenagers to professional athletes to media and literary sensation Gary Vaynerchuk—Romaniello is regarded as one of the premier body transformation specialists in the fitness industry.

Known for the quality of his writing, acerbic wit, and exceptional content, Romaniello has become widely popular in the years since he first broke onto the online fitness scene. Those qualities have led him to be featured in a variety of media outlets, including major newsstand magazines such as *Men's Health*, *Men's Fitness* and *SHAPE*, as well as television appearances as a health and fitness expert on programs such as *Good Morning America*.

Romaniello's compelling and relatable brand of info-tainment has helped thousands of people across the globe change their bodies and improve their health. As top strength Eric Cressey noted, "[a]long with being a great dude and super bright, Roman is also a physical specimen, as well as one of the most easy-going and fun guys you'll ever meet. John understands *balance*, and brings that to fitness—which is why people love him."

MATT MCGORRY

MATT MCGORRY is a New York City based trainer and strength coach who trains out of PEAK Performance (one of Men's Health's top 10 gyms in the US), where he regularly trains athletes, actors, and prospective **SUPER HEROES**.

McGorry's expertise has led him and his writing to be featured in various media outlets such as Men's Health, Muscle & Fitness, Life & Style, Men's Fitness, as well as to television appearances on local NYC news station NY1.

Matt's unique combination of education-based knowledge and practical application provides an incredibly effective—and incredibly rare—perspective. Always willing to put himself and his methods to the test, he's developed an intimate understanding of the mental and physical demands needed to create excellence of **SUPER HEROIC** proportions.