



THE
SUPER
HERO
WORKOUT

FEMALE SUPER HERO TRAINING

*JOHN ROMANIELLO, FLAVIA DEL MONTE
E MATT MCGORRY*

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

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

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THE SUPERHERO WORKOUT

FEMALE SUPERHERO TRAINING

Ladies (and gents, if you decided to read this), welcome to *THE FEMALE SUPERHERO TRAINING MANUAL* —the 4-week overlay phase specifically designed for women to help them achieve a body that looks like it jumped off the pages of a comic book.

Now, before we get into the workouts, or even the theory, we think that it's best if we address a question we are sure to get: ***why create a workout unique to women? Is the original program intended for men?***

We'll start by answering the second part first. That's pretty simple, because as we hope is obvious, the original program is NOT intended specifically for men; however, there are parts of it which are more *suited* to men. Or, rather, to the goals that men often have.

To back track a bit, as we've both said in blogs, magazines and interviews, we think that in most situations, women and men can pretty much train in the same way. And should. There are a few exercises we'd avoid, perhaps (none appear in this program), but by and large, *any* well-designed program can be used effectively by both men and women; however, we also believe that **program design should be *goal dependent*** to the greatest extent possible.

As you might suspect, this means that since in many cases, it's quite likely that men and women have different goals, there should be some differences in programming.

We'll first touch on the similarities: for women, *PHASE ONE* can be done "as is." This phase is intended, to build strength and power, and we feel that women should be strong and powerful. In recent years, actresses portraying **SUPER HERO** and action babes have shown that "beautiful bad-asses" can be strong, sexy, and feminine.

Going further, there is simply no drawback to being strong. The stronger you are, the healthier you'll be, the more fat you can lose, and the less likely you are to incur injury.

Along similar lines, we feel that *PHASE TWO* can also be left "untouched," and women who are utilizing the program can perform all of those workouts as written and scheduled. That phase is about endurance, agility, and burning fat—and to tell the truth, we find that our female clients tend to excel at it more than the guys! As most women don't need endurance and certainly don't protest fat burning workouts, simply use the workouts as normal.

However, when we get to *PHASE THREE*, that's where a lot of women lose interest. As mentioned in the original training manual, *PHASE THREE* is all about getting hyooooooge. And most women want to do that.

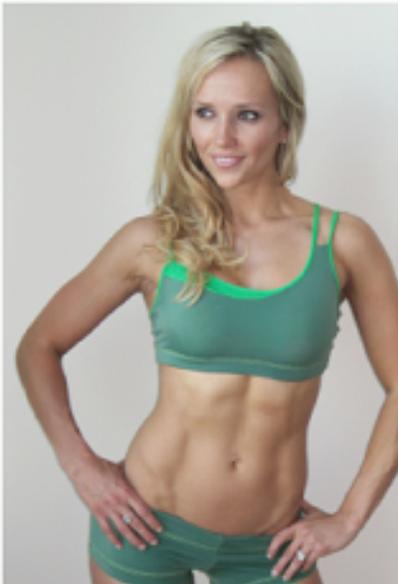
Now, before we go further, we need to make the obligatory qualifying statement and mention that most women can't get "hyoooooge" anyway; they don't have the hormones or genetics for it. Even if they did *PHASE THREE* as written, they wouldn't be likely to gain a lot of muscle, unless they were really eating for it.

This brings us to an interesting conundrum—while women aren't likely to experience the "detrimental" effects of rapid hypertrophy that they fear...why would we WANT a client to do a program designed for a goal that they can't achieve—ESPECIALLY when they wouldn't want to achieve it even if they could? What's the point?

And so, given that, we decided that we could create this 4-week "overlay" to the program. We call it an "overlay" because you simply do it in lieu of the **PHASE THREE** workouts and schedule provided in the main training manual.

This 4-week women's specific program is intended to help the ladies continue to lose fat, as in Phase Two, but also to increase conditioning and strength—all without any focus on mass. Rather than doing workouts intended to get you *jacked up*, you'll be using workouts intended to enhance your femininity through strength, power, and definition.

Inspired in part by Super Heroes like Wonder Woman and ambiguous (but gorgeous) characters like Cat Woman and Black Widow, **THE FEMALE SUPER HERO TRAINING MANUAL** will help you create a lithe physique capable of handling itself jumping from rooftops, or just looking smokin' hot in a pair of heels.



FLAVIA DEL MONTE: OUR VERY OWN SUPER HEROINE

And *speaking* of looking smokin' hot in heels, here's the best part about this manual—when we polled our readers, they made it clear they wanted to "woman's touch" on this aspect of the program.

So to help with the design, we enlisted the aid of Flavia Del Monte. Outside of looking like a **SUPER HERO** herself, she gets fantastic results with her female clients, and our readers really dig her stuff. It was a perfect fit.

There are four workouts in **THE FEMALE SUPER HERO TRAINING MANUAL**: two full body, one upper, and one lower. They will rotate over a 3-day per week schedule for four weeks.

Now that you know the set up and who your coaches are, let's get to the workouts!

FEMALE SUPER HERO TRAINING

WORKOUT ONE — FULL BODY

This workout is comprised of four circuits—groups of 3 exercises performed with **no rest** between the exercises until one circuit is completed for the prescribed number sets of. Rest for 2 minutes between groupings.

Exercise	Reps	Sets
A1) Alternating DB Chest Press	12/side	3
A2) Reverse Lunge/RDL Combo	8/leg	3
A3) Unsupported 1-arm DB row (lunge stance)	15/arm	3

Rest 2 Minutes

Exercise	Reps	Sets
B1) Bulgarian Split Squat	10-15	3
B2) Push Ups	8-10	3
B3) Jump Lunges	20	3

Rest 2 Minutes

Exercise	Reps	Sets
C1) Dumbbell Pullover <small>Description: Set yourself up on the bench so that ONLY your head, neck and upper back are supported by the bench; support yourselves by keeping your glutes and abs flexed the entire time.</small>	10-12	3
C2) Explosive Switch Row	6-10	3
C3) Zottman Curl	10/arm	3

Rest 2 Minutes

Exercise	Reps	Sets
D1) Front Squat with Arnold Press <small>Description: Perform a DB front squat; press the DBs at the top of the movement. Make sure you keep your abs braced the entire set</small>	10-12	3
D2) Pot Stirrer Plank	45 sec	3
D3) Mountain Jumpers	10-15	3

FEMALE SUPER HERO TRAINING

WORKOUT TWO — LOWER BODY

Perform A1-A4 sequentially, resting 30 seconds between exercises and 60 seconds between circuits. Perform this circuit 4 times. After your last circuit, rest 90 seconds and proceed to B.

Exercise	Reps	Sets
A1) DB Walking Lunge	15 steps per leg	4
A2) Jump Squat	20	4
A3) Pot Stirrer Plank	45 Seconds	4
A4) Seal Jacks	As many as possible in 60 Seconds	4

Perform B1-B3 sequentially, resting 15 seconds between exercises and 90 seconds between circuits. Perform this circuit 3 times. After your last circuit, rest 60 seconds and proceed to C.

Exercise	Reps	Sets
B1) Reverse Lunges	10/leg	3
B2) Bulgarian Split Squat	12-15/leg	3
B3) Garhammer Raise	15 reps	3

Perform C1-C3 sequentially, resting 30-45 seconds between exercises and 90 seconds between circuits. Perform this circuit 2 times. After your last circuit, rest 90 seconds and proceed to D.

Exercise	Reps	Sets
C1) Step Up with Contralateral Load Description: Perform 15 reps with your left leg while holding a dumbbell ONLY in your right hand. The offset load will increase abdominal activity.	15/leg	2
C2) Swiss Ball Leg Curl	15/leg	2
C3) Hand Walkout	As many as possible in 30 Sec	2

Perform D1 and D2 alternately, resting 30 seconds between exercises and 60 seconds between circuits. Perform this circuit 5 times.

Exercise	Reps	Sets
D1) Single Leg Calf Raise	15/leg	5
D2) Side Plank	20 seconds per side	5

FEMALE SUPER HERO TRAINING

WORKOUT THREE — UPPER BODY

This workout is comprised of four circuits—groups of 3 exercises performed with **no rest** between the exercises until one circuit is completed for the prescribed number sets of. Rest for 2 minutes between groupings.

Exercise	Reps	Sets
A1) Elevated Push Ups <i>Description:</i> Perform push ups with your hands place on a sturdy table, desk, or other surface which is roughly hip height. The increased height will decrease the percentage of your bodyweight used, and allow you to perform more reps.	15-Failure	4
A2) Resistance Band Pallof Press	8/side	4
A3) DB Floor Press	10-12	4

Rest 2 Minutes

Exercise	Reps	Sets
B1) Bent Over DB Row with Elbow Out	10-12/arm	3
B2) Barbell Push Press	10-12/arm	3
B3) Cross Body DB Curl	10-12	3

Rest 2 Minutes

Exercise	Reps	Sets
C1) DB Upright Row	10-Failure	3
C2) Bent Over Lateral Raise	10-12	3
C3) Push-up Position Plank	60 seconds	3

Rest 2 Minutes

Exercise	Reps	Sets
D1) Inverted Row	8-Failure	1
D2) Dumbbell Woodchopper	10/side	1
D3) Skull Crusher	10-12	1

FEMALE SUPERHERO TRAINING WORKOUT FOUR — FULL BODY

Perform A1-A5 sequentially, resting 20 seconds between exercises and 45 seconds between circuits.
Perform this circuit 2 times. After your last circuit, rest 60 seconds and proceed to B.

Exercise	Reps	Sets
A1) Overhead Bulgarian Split Squat <u>Description:</u> Holding a plate or dumbbell, set up for a Bulgarian split squat. Press the weight overhead, and HOLD it there the entire set. Perform 10 reps, then switch legs.	10/side	2
A2) Mountain Jumpers	25	2
A3) Hand Walkout	10-15	2
A4) Swiss Ball Jackknife	8-10	2
A5) Resistance Band Pull-Apart <u>Description:</u> Holding a resistance band, extend your arms ahead of you, angled at 45° from your torso. Pull the band apart as far as you can, holding for 1 second at the furthest point.	10 reps	2

Perform B1-B4 sequentially, resting 30-45 seconds between exercises and 90 seconds between circuits.
Perform this circuit 4 times. After your last circuit, rest 60 seconds and proceed to C.

Exercise	Reps	Sets
B1) Single-Arm Step-up with Contralateral Press <u>Description:</u> Hold a dumbbell in your right hand at shoulder height, and place your left foot on a step or box. Perform a step up with your leg—when you get to the top of the movement, perform a single arm overhead press with your right arm. The opposite side loading will drastically increase abdominal involvement.	10	4
B2) DB Romanian Deadlift	15	4
B3) Jump Squat <u>Description:</u> Perform as many reps as possible in 30 seconds	30 sec	4
B4) Rocking Plank	45 sec	4

Perform C1-C3 sequentially, resting 45 seconds between exercises and 90 seconds between circuits.
Perform this circuit 3 times. After your last circuit, rest 90 seconds and proceed to D.

Exercise	Reps	Sets
C1) Dumbbell Chest Press on Swiss Ball <u>Description:</u> Set yourself up on the Swiss ball so that the ball supports ONLY your head, neck and upper back; support yourselves by keeping your glutes and abs flexed the entire time.	10-12	3
C2) Negative Only Chin Up <u>Description:</u> Use a stool to get into the “finished” position of a chin up, and then lower yourself down over 3 sec.	15/side	3
C3) ValSlide Reverse Lunge with Lateral Raise <u>Description:</u> Holding a pair of dumbbells, perform a ValSlide reverse lunge with your left leg; return to the starting position, perform a dumbbell lateral raise. Repeat this for a total of 8 reps, then switch legs.	8/leg (16 raises)	3

Perform D for a total of 4 sets, resting 30-60 seconds between them.

Exercise	Reps	Sets
D) Squat to Curl to Press <u>Description:</u> Holding dumbbells, perform a squat; in the top of the squat, curl both weights, then press overhead	10 reps	4

THE SUPERHERO WORKOUT

FEMALE SUPERHERO TRAINING TRAINING SCHEDULE

FEMALE SUPERHERO TRAINING

WEEK ONE

Day Activity	Monday Workout One	Tuesday OFF	Wednesday Workout Two	Thursday OFF	Friday Workout Three	Sat OFF	Sunday OFF
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FEMALE SUPERHERO TRAINING

WEEK TWO

Day Activity	Monday Workout Four	Tuesday OFF	Wednesday Workout One	Thursday OFF	Friday Workout Two	Sat OFF	Sunday OFF
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FEMALE SUPERHERO TRAINING

WEEK THREE

Day Activity	Monday Workout Three	Tuesday OFF	Wednesday Workout Four	Thursday OFF	Friday Workout One	Sat OFF	Sunday OFF
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FEMALE SUPERHERO TRAINING

WEEK FOUR

Day Activity	Monday Workout Two	Tuesday OFF	Wednesday Workout Three	Thursday OFF	Friday Workout Four	Sat OFF	Sunday OFF
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THE SUPERHERO WORKOUT

ABOUT THE ALTHORS

FLAVIA DEL MONTE

FLAVIA DEL MONTE is female fitness expert, certified fitness trainer, and sports nutrition specialist certified through Precision Nutrition. Though a resident of Toronto, Flavia travels extensively, seeking to both learn and teach as much as possible about training and nutrition and bring her already impressive base of knowledge to **SUPER HEROIC** proportions.

Flavia's travels brought her to Tampa, Florida, where she developed her revolutionary **Flavalicious Fitness Formula**; this led to the release of her debut book, the best-selling **Full-Body-Licious** Program. To learn more about Flavia or any of her programs, check out <http://www.flavaliciousfitness.com/blog/> or copy the following link into your browser: <http://su.pr/3iH9AE>

JOHN ROMANIELLO

JOHN ROMANIELLO is a NYC based trainer, coach, writer and extreme comic book and **SUPER HERO** 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 been featured in major newsstand magazines such as *Men's Health*, *Men's Fitness* and *SHAPE*, as well as on television 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 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 NYC based trainer and strength coach who trains out of PEAK Performance 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. 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.