

# #2

## Phase 2

### Workouts 1 & 2

## THE SUPERHERO WORKOUT

### Workout 1: 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.

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.

<b>A1- Lunge Jumps</b>	<b>8-10 REPS</b>	WEIGHT	1
		REPS/TIME	
<b>A2- Inverted Row</b>	<b>8-10 REPS</b>	WEIGHT	1
		REPS/TIME	
<b>A3- Barbell Back Squat</b> (Narrow Stance)	<b>8-10 REPS</b>	WEIGHT	1
		REPS/TIME	
<b>A4- Bodysaw Planks</b> (ValSlide)	<b>8-10 REPS</b>	WEIGHT	1
		REPS/TIME	
<b>A5- Alternating Flat DB Bench</b> (fat grip)	<b>8-10 REPS</b>	WEIGHT	1
		REPS/TIME	
<b>A6- Rear Delt DB Raise</b> (bent over)	<b>8-10 REPS</b>	WEIGHT	1
		REPS/TIME	

### Workout 2: 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.

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.

<b>A1- Squat Jump</b>	<b>10-12 REPS</b>	WEIGHT	1
		REPS/TIME	
<b>A2- Seated DB Shoulder Press</b> (Use FAT GRIPZ)	<b>10-12 REPS</b>	WEIGHT	1
		REPS/TIME	
<b>A3- Dumbbell Woodchopper</b>	<b>10-12 REPS</b>	WEIGHT	1
		REPS/TIME	
<b>A4- Single Arm Dumbbell Row on Bench</b>	<b>10-12 REPS</b>	WEIGHT	1
		REPS/TIME	
<b>A5- Standing DB Lateral Raise</b>	<b>10-12 REPS</b>	WEIGHT	1
		REPS/TIME	
<b>A6- BB Romanian Deadlift</b>	<b>10-12 REPS</b>	WEIGHT	1
		REPS/TIME	

# #2

## Phase 2

### Workouts 3 & 4

## THE SUPERHERO WORKOUT

### Workout 3: 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.

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.

<b>A1- Bulgarian Split Squat Jump</b> (kick heel to butt)	<b>10 REPS</b>	WEIGHT	1
		REPS/TIME	
<b>A2- Pull-up</b> (prone/medium grip)	<b>10 REPS</b>	WEIGHT	1
		REPS/TIME	
<b>A3- Barbell Front Squat</b>	<b>10 REPS</b>	WEIGHT	1
		REPS/TIME	
<b>A4- Dumbbell Pullover</b>	<b>10 REPS</b>	WEIGHT	1
		REPS/TIME	
<b>A5- Half-off DB Bench Press</b>	<b>10 REPS</b>	WEIGHT	1
		REPS/TIME	
<b>A6- Swiss Ball Lever Crunch</b> (hands over head holding small DB)	<b>10 REPS</b>	WEIGHT	1
		REPS/TIME	

### Workout 4: 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.

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.

<b>A1- Tuck Jump</b>	<b>8-10 REPS</b>	WEIGHT	1
		REPS/TIME	
<b>A2- Incline DB Bench Press</b> (fat grip)	<b>8-10 REPS</b>	WEIGHT	1
		REPS/TIME	
<b>A3- Neutral Grip Chin-up</b>	<b>8-10 REPS</b>	WEIGHT	1
		REPS/TIME	
<b>A4- DB Bulgarian Split Squat</b>	<b>8-10 REPS</b>	WEIGHT	1
		REPS/TIME	
<b>A5- Pushup (feet elevated)</b>	<b>8-10 REPS</b>	WEIGHT	1
		REPS/TIME	
<b>A6- Lying Reverse Crunch</b>	<b>8-10 REPS</b>	WEIGHT	1
		REPS/TIME	

# #2

## Phase 2 Workout 5

## THE SUPERHERO WORKOUT

### Workout 5: 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.

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.

<b>A1- Burpee (no pushup)</b>	<b>8-10 REPS</b>	WEIGHT	1
		REPS/TIME	
<b>A2- Steep Incline Dumbbell Bench</b> (neutral fat grip)	<b>8-10 REPS</b>	WEIGHT	1
		REPS/TIME	
<b>A3- Ab Rollout</b> (barbell or wheel)	<b>8-10 REPS</b>	WEIGHT	1
		REPS/TIME	
<b>A4- Lateral Lunge</b> (w/dumbbell)	<b>8-10 REPS</b>	WEIGHT	1
		REPS/TIME	
<b>A5- Chest Supported DB Row on 45 Degree Bench</b>	<b>8-10 REPS</b>	WEIGHT	1
		REPS/TIME	
<b>A6- Anti-Rotation Russian Twist</b>	<b>8-10 REPS</b>	WEIGHT	1
		REPS/TIME	

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

<b>B1- Seated DB Zottman Curl</b> (fat grip)	<b>10-12 REPS</b>	WEIGHT	1	2	3
		REPS/TIME			
<b>B2- Overhead DB Triceps Pressdown</b>	<b>10-12 REPS</b>	WEIGHT	1	2	3
		REPS/TIME			