



THE **SUPER** **HERO** WORKOUT

SUPER HERO QUICK START CHECK LIST

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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!

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.**

THE SUPERHERO WORKOUT **CHECKLIST OF PRE-PROGRAM ESSENTIALS**

Check this!

Okay, below is (obviously) your checklist for *THE SUPERHERO WORKOUT*. The purpose of the list (obviously) is to provide you with a tangible way of making sure you have everything in place before you begin your program.

As you go through the list, just check off (obviously) any item you've completed. When you've done it all, you're (obviously) ready to go.

Obviously, this whole explanation was pretty unnecessary. Of course you know what a checklist is and how to use it. We just wrote it because we (obviously) like writing. Obviously. Man, that word's annoying now. Let's stop saying it. Get started.

As noted above, you need to do all this to know exactly how fast you're progressing. And trust me—it'll be fast. We've put my check in front of each item. All YOU need to do is go through the list and put your check AFTER each item in the lines that look like this: _____

- ✓ Have you placed your order with Blue Star for your supplements? Take care of this before **anything** else in your preparation for *THE SUPERHERO WORKOUT*, as it generally takes a few days for orders to ship and arrive. You don't want to have to wait any longer than necessary to drop the last pounds of fat. _____

Having proper supplementation in place beforehand is of vital importance to your success; the nutrition is designed specifically to optimize your metabolic response to training, and the supplements are a key component of maximizing that. Because *THE SUPERHERO WORKOUT* training sessions are taxing, proper supplementation will ensure that you will recover adequately and continue to burn fat as you progress.

I strongly suggest that you pick up [ProGrade Workout](#). I cannot begin to describe the importance of para-workout nutrition here, but you NEED to have the bases covered. Check my blog post [here](#) for more details.

- ✓ Do you have, or have you picked up all of equipment from the Super Hero Gear Guide, (such as FAT GRIPZ, ValSlides, etc)? Keep in mind, while these are not “necessary” to perform the program, they will be needed for various exercises *as written*, and are recommended for maximal effect. _____
- ✓ Have you thoroughly read through the training manual to make sure you have the necessary equipment for each workout? _____
- ✓ If you're lacking a piece of equipment, have you altered the training log with a suitable replacement exercise? This is very achievable. **Nearly any barbell exercises can be substituted with its dumbbell equivalent, and vice versa.** In addition, if you look through the included exercise list, comparable bodyweight movements can be substituted. _____
- ✓ Have you familiarized yourself with all of the exercises, and tried them out? Please do this. So many of the exercises in *THE SUPERHERO WORKOUT* are unusual and uncommon; this was done intentionally, to provide the greatest degree of ‘new’ stimulus and encourage faster progress. However, the more proficient you get with the movements beforehand, the less time you have to waste during the program itself. _____
- ✓ Have you printed out each of the training log sheets and given yourself a basic familiarity of the “flow” of each workout? _____
- ✓ For each of the exercises, do you have an idea of what weight to start with? All

workouts will be more effective if you select weights that are challenging, but which allow you to perform the prescribed number of reps in good form. Figuring this out beforehand will allow you to maximize your training. _____

- ✓ Assuming you've printed out the log sheets, have you pre-filled all of the starting weights for your beginning sets? _____
- ✓ Do you have, or have you purchased all of the tools needed to take accurate measurements? Consistent taking and comparing of measurements is necessary to track progress. Plus, it's pretty sweet to know exactly how much fat you've lost, and where it came from. _____
- ✓ Have you written your starting stats down, including weight, measurements, body fat percentage, and current clothing sizes? _____

(On a related note, if you'd like a really, *really* enlightening read about body fat measurements, I wrote a blog post series on it. Start [HERE](#).

- ✓ Have you taken your "Before" photo for comparison? Keep in mind that numbers can only tell you so much. Half the reason we're doing this is because you want to look better and see that reflected in the mirror (pun intended). However, as we get closer to the finish line, we often lose sight of the starting point. Moreover, in order to get the full effect of how much progress has been made, a visual record is incredibly helpful. Plus, nothing is more fun than showing off your before and after pictures when you get lean.

It helps to explain to people who question exactly how you got to look like a **SUPER HERO**. Anyway, DO NOT SKIP THIS STEP! _____

Checked everything off? Sweet.

You are now ready to become a **SUPER HERO**.

SOME LINKS OF NOTE...

Unfortunately, sometimes when we convert documents to PDFs, hyperlinks and embedded information gets lost. In an effort to make things as easy for you as possible with regard to getting everything you need, we have compiled a list of links below.

While it's possible that the link may not be "clickable," we have left them "open" so that you may simply copy and paste them into your browser.

BLUE STAR NUTRACEUTICALS

<http://su.pr/1saldq>

FAT GRIPZ

<http://su.pr/1CUtQG>

VALSLIDES

<http://su.pr/1QMdtY>

BLOG POST ON BODY FAT MEASUREMENTS

<http://su.pr/2TFJTb>

pro/grade WORKOUT

<http://su.pr/19Vrnw>