

#3 Phase 3 Workouts 1

THE SUPERHERO WORKOUT

Workout 1: Chest and Back

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.

A1- Incline Barbell Bench Press Tempo: 41X1	6 REPS	WEIGHT	1	2	3	4	5	6
		REPS/TIME						

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.

B1- Pendlay Row Tempo: 30X	12 REPS	WEIGHT	1	2	3
		REPS/TIME			
B2- Low Incline Neutral Grip DB Bench Press Tempo: 31X	8 REPS	WEIGHT	1	2	3
		REPS/TIME			

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.

C1- Pull-Ups wide-grip Tempo: 30X	6 REPS	WEIGHT	1
		REPS/TIME	
C2- Pull-Ups wide-grip Tempo: 30X	4 REPS	WEIGHT	1
		REPS/TIME	
C3- Pull-Ups narrow grip Tempo: 30X	6 REPS	WEIGHT	1
		REPS/TIME	
C4- Pull-Ups Tempo: 30X	AS MANY AS POSSIBLE	WEIGHT	1
		REPS/TIME	

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.

D1- Squeeze Press Tempo: 212	10 REPS	WEIGHT	1	2	3	4	5
		REPS/TIME					
D2- Dumbbell Pullover Tempo: 310	10 REPS	WEIGHT	1	2	3	4	5
		REPS/TIME					

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

E1- Scap Push Ups Tempo: 11X	12 REPS	WEIGHT	1	2
		REPS/TIME		
E2- Cable Row with 3 second hold Tempo: 3123	8 REPS	WEIGHT	1	2
		REPS/TIME		
E3- Close Grip Push-Ups Tempo: 31X	15 REPS	WEIGHT	1	2
		REPS/TIME		

#3 Phase 3 Workouts 2

THE SUPERHERO WORKOUT

Workout 2: Hamstrings and Calves

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.

A1- Trap Bar Dead Lift

Temp: Explode up, lower under control.

8 REPS

WEIGHT	1	2	3	4
REPS/TIME				

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.

B1- Single Leg Calf Raise

Temp: 5-15-3-5

20 REPS

WEIGHT	1	2
REPS/TIME		

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.

D1- Romanian Deadlift

Tempo: 2121

12 REPS

WEIGHT	1	2
REPS/TIME		

D2- Swiss Ball Leg Curl

Temp: 212

8-12 REPS

WEIGHT	1	2
REPS/TIME		

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.

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.

E1- Alternating Reverse Lunges

Tempo: 2121 on ValSlide or SlideBoard

20 REPS Per Leg

WEIGHT	1
REPS/TIME	

E2- Seated Calf Raise

Temp: 5-10-2-3

20 REPS

WEIGHT	1
REPS/TIME	

#3 Phase 3 Workouts 3

THE SUPERHERO WORKOUT

Workout 3: Shoulders and Abs

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.

A1- Push Press Temp: 21X1	5 REPS	WEIGHT	1	2	3
		REPS/TIME			

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.

B1- Lumberjack Press Temp: 2110	10 REPS 5 PER SIDE	WEIGHT	1	2
		REPS/TIME		
B2- Pot Stirrer Plank Temp: Under control	30 REPS	WEIGHT	1	2
		REPS/TIME		
B3- Y-Press Temp: 1123	15 REPS	WEIGHT	1	2
		REPS/TIME		

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.

C1- Pallof Press Temp: 2122	8 REPS	WEIGHT	1	2	3
		REPS/TIME			
C2- Arnold Press Temp: 3021	10 REPS	WEIGHT	1	2	3
		REPS/TIME			
C3- Garhammer Raise Temp: 1020	12 REPS	WEIGHT	1	2	3
		REPS/TIME			
C4- Explosive Lateral Raise Temp: 411X		WEIGHT	1	2	3
		REPS/TIME			

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.

D1- Shoulder Killers bent over lateral raises Temp: 31X	10 REPS	WEIGHT	1	2
		REPS/TIME		
D2- Shoulder Killers lateral raises Temp: 31X	10 REPS	WEIGHT	1	2
		REPS/TIME		
D3- Shoulder Killers front raises Temp: 31X	10 REPS	WEIGHT	1	2
		REPS/TIME		
D4- Shoulder Killers overhead raises Temp: 31X	10 REPS	WEIGHT	1	2
		REPS/TIME		

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.

E1- Rocking Plank Temp: Under control	60 REPS	WEIGHT	1
		REPS/TIME	
E2- Pike Push Temp: Under control	AS MANY AS POSSIBLE	WEIGHT	1
		REPS/TIME	

#3 Phase 3 Workouts 4

THE SUPERHERO WORKOUT

Workout 4: Quads and Arms

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.

A1- Squat Tempo: 3011	5 REPS	WEIGHT	1	2	3	4	5	6
		REPS/TIME						
A2- Jump Squat Tempo: 1XXX	30 REPS	WEIGHT	1	2	3	4	5	6
		REPS/TIME						

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.

B1- Close Grip Bench Press Tempo: 30X1	8 REPS	WEIGHT	1	2	3
		REPS/TIME			
B2- Front Squat to box or bench Tempo: 20X1	8 REPS	WEIGHT	1	2	3
		REPS/TIME			
B3- Barbell Curl with Fat Gripz Tempo: 3XX1	10 REPS	WEIGHT	1	2	3
		REPS/TIME			

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.

C1- Bulgarian Split Squat Tempo: 2111	12 REPS Each Leg	WEIGHT	1	2
		REPS/TIME		
C2- Bulgarian Split Squat Tempo: 2111	8 REPS Each Leg	WEIGHT	1	2
		REPS/TIME		

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.

D1- Cross Body Bicep Curl Tempo: 2021	10 REPS	WEIGHT	1	2	3	4
		REPS/TIME				
D2- Overhead Triceps Extension w/ Dumbbell Tempo: 30X1	8 REPS	WEIGHT	1	2	3	4
		REPS/TIME				

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.

E1- Mechanical Advantage Lunge Drop Set Tempo: 2111	12 REPS Each Leg	WEIGHT	1	2
		REPS/TIME		
E1- Mechanical Advantage Lunge Drop Set Tempo: 2111	10 REPS Each Leg	WEIGHT	1	2
		REPS/TIME		
E1- Mechanical Advantage Lunge Drop Set Tempo: 2111	15 REPS Each Leg	WEIGHT	1	2
		REPS/TIME		