

#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.

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

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

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

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

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

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

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