

Female Workouts 1

THE SUPERHERO WORKOUT

Workout 1: Full Body Training

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.

A1- Alternating DB Chest Press	12 PER SIDE	WEIGHT	1	2	3
		REPS/TIME			
A2- Reverse Lunge/RDL Combo	12 PER LEG	WEIGHT	1	2	3
		REPS/TIME			
A3- Unsupported 1-arm DB row (lunge stance)	15 PER ARM	WEIGHT	1	2	3
		REPS/TIME			

Rest 2 Minutes

B1- Bulgarian Split Squat	10-15 REPS	WEIGHT	1	2	3
		REPS/TIME			
B2- Push Ups	8-10 REPS	WEIGHT	1	2	3
		REPS/TIME			
B3- Jump Lunges	20 REPS	WEIGHT	1	2	3
		REPS/TIME			

Rest 2 Minutes

C1- Dumbbell Pullover <i>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.</i>	10-12 REPS	WEIGHT	1	2	3
		REPS/TIME			
C2- Explosive Switch Row	6-10 REPS	WEIGHT	1	2	3
		REPS/TIME			
C3- Zottman Curl	10 REPS	WEIGHT	1	2	3
		REPS/TIME			

Rest 2 Minutes

D1- Front Squat with Arnold Press <i>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</i>	10-12 REPS	WEIGHT	1	2	3
		REPS/TIME			
D2- Pot Stirrer Plank	45 SECS	WEIGHT	1	2	3
		REPS/TIME			
D3- Mountain Jumpers	10-15 REPS	WEIGHT	1	2	3
		REPS/TIME			

Workout 2: Lower Body Training

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.

A1- DB Walking Lunge	15 STEPS PER LEG	WEIGHT	1	2	3	4
		REPS/TIME				
A2- Jump Squat	20 REPS	WEIGHT	1	2	3	4
		REPS/TIME				
A3- Pot Stirrer Plank	45 SECS	WEIGHT	1	2	3	4
		REPS/TIME				
A4- Seal Jacks	AS MANY AS POSSIBLE IN 60 SECONDS	WEIGHT	1	2	3	4
		REPS/TIME				

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.

B1- Reverse Lunges	10 PER LEG	WEIGHT	1	2	3
		REPS/TIME			
B2- Bulgarian Split Squat	12-15 PER LEG	WEIGHT	1	2	3
		REPS/TIME			
B3- Garhammer Raise	15 REPS	WEIGHT	1	2	3
		REPS/TIME			

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.

C1- Step Up with Contralateral Load <i>Description: Perform 15 reps with your left leg while holding a dumbbell ONLY in your right hand. The offset load will increase abdominal activity.</i>	15 PER LEG	WEIGHT	1	2
		REPS/TIME		
C2- Swiss Ball Leg Curl	15 PER LEG	WEIGHT	1	2
		REPS/TIME		
C3- Hand Walkout	AS MANY AS POSSIBLE IN 30 SECONDS	WEIGHT	1	2
		REPS/TIME		

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

D1- Single Leg Calf Raise	15 PER LEG	WEIGHT	1	2	3	4	5
		REPS/TIME					
D2- Side Plank	20 SECS PER SIDE	WEIGHT	1	2	3	4	5
		REPS/TIME					

Female Workouts 3

THE SUPERHERO WORKOUT

Workout 3: Upper Body Training

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.

A1- Elevated Push Ups <i>Description: 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.</i>	15 TO AS MANY AS POSSIBLE	WEIGHT	1	2	3	4
		REPS/TIME				
A2- Resistance Band Pallof Press	20 REPS	WEIGHT	1	2	3	4
		REPS/TIME				
A3- DB Floor Press	45 SECS	WEIGHT	1	2	3	4
		REPS/TIME				

Rest 2 Minutes

B1- Bent Over DB Row with Elbow Out	10-12 PER ARM	WEIGHT	1	2	3
		REPS/TIME			
B2- Barbell Push Press	10-12 PER ARM	WEIGHT	1	2	3
		REPS/TIME			
B3- Cross Body DB Curl	10-12 REPS	WEIGHT	1	2	3
		REPS/TIME			

Rest 2 Minutes

C1- DB Upright Row	10 TO AS MANY AS POSSIBLE	WEIGHT	1	2	3
		REPS/TIME			
C2- Bent Over Lateral Raise	10-12 REPS	WEIGHT	1	2	3
		REPS/TIME			
C3- Push-up Position Plank	60 SECS	WEIGHT	1	2	3
		REPS/TIME			

Rest 2 Minutes

D1- Inverted Row	8 TO AS MANY AS POSSIBLE	WEIGHT	1
		REPS/TIME	
D2- Dumbbell Woodchopper	10 PER SIDE	WEIGHT	1
		REPS/TIME	
D2- Skull Crusher	10-12 REPS	WEIGHT	1
		REPS/TIME	

Female Workouts 4

THE SUPERHERO WORKOUT

Workout 4: Full Body Training

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.

A1- Overhead Bulgarian Split Squat <i>Description: 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.</i>	10 PER SIDE	WEIGHT	1	2
		REPS/TIME		
A2- Mountain Jumpers	25 REPS	WEIGHT	1	2
		REPS/TIME		
A3- Hand Walkout	10-15 REPS	WEIGHT	1	2
		REPS/TIME		
A4- Swiss Ball Jackknife	8-10 REPS	WEIGHT	1	2
		REPS/TIME		
A5- Resistance Band Pull-Apart <i>Description: 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.</i>	10 REPS	WEIGHT	1	2
		REPS/TIME		

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.

B1- Single-Arm Step-up with Contralateral Press <i>Description: 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 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.</i>	10 REPS	WEIGHT	1	2	3	4
		REPS/TIME				
B2- DB Romanian Deadlift	15 REPS	WEIGHT	1	2	3	4
		REPS/TIME				
B3- Jump Squat <i>Description: Perform as many reps as possible in 30 seconds</i>	30 SECS	WEIGHT	1	2	3	4
		REPS/TIME				
B4- Rocking Plank	45 SECS	WEIGHT	1	2	3	4
		REPS/TIME				

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.

C1- Dumbbell Chest Press on Swiss Ball <i>Description: 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.</i>	10-12 REPS	WEIGHT	1	2	3
		REPS/TIME			
C2- Negative Only Chin Up <i>Description: Use a stool to get into the "finished" position of a chin up, and then lower yourself down over 3 sec.</i>	15 PER SIDE	WEIGHT	1	2	3
		REPS/TIME			
C3- ValSlide Reverse Lunge with Lateral Raise <i>Description: 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.</i>	8 PER LEG	WEIGHT	1	2	3
		REPS/TIME			

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

D1- Squat to Curl to Press <i>Description: Holding dumbbells, perform a squat; in the top of the squat, curl both weights, then press overhead</i>	10 REPS	WEIGHT	1	2	3	4
		REPS/TIME				