



# THE TOOLS YOU NEED TO BUILD THE BODY YOU WANT®



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## THE AVENGERS WORKOUT: BUILD A SUPERHERO PHYSIQUE IN SIX WEEKS

You've seen the Avengers movie, now get the physique. This 6 week plan includes workouts and diet plans designed to turn you into a superhero.

Link to Workout: <https://www.muscleandstrength.com/workouts/superhero-workout-build-avengers-physique-6-weeks>

**Main Goal:** Build Muscle

**Training Level:** Intermediate

**Program Duration:** 6 Weeks

**Days Per Week:** 4 Days

**Time Per Workout:** 60-75 Mins

**Equipment:** Barbell, Bodyweight, Dumbbells, Machines

**Author:** Brad Borland

### PHASE 1 TRAINING

#### Day 1

Exercise	Warm Up	Working Sets	Rest
<a href="#">Incline Barbell Bench Press</a>	2 x 10 - 15	3 x 4 - 8	2 min
<a href="#">Barbell Bench Press</a>		3 x 4 - 8	2 min
<a href="#">Bent Over Barbell Row</a>	2 x 10 - 15	3 x 4 - 8	2 min
<a href="#">Medium Grip Pull Up</a>		3 x 4 - 8	2 min
<a href="#">Smith Overhead Press</a>	1 x 10	3 x 4 - 8	2 min
<a href="#">Wide Grip Upright Row</a>		3 x 4 - 8	2 min
<a href="#">Hanging Leg Raise</a>		3 x 10 - 15	1 min
<a href="#">Floor Crunch</a>		3 x 10 - 15	1 min

#### Day 2

Exercise	Warm Up	Working Sets	Rest
<a href="#">Barbell Curl</a>	1 x 10 - 15	3 x 4 - 8	2 min
<a href="#">Close Grip Bench Press</a>	1 x 10 - 15	3 x 4 - 8	2 min
<a href="#">Squat</a>	2 x 10 - 15	3 x 6 - 10	3 min
<a href="#">Leg Press</a>		3 x 6 - 10	2 min
<a href="#">Romanian Deadlift</a>	1 x 10 - 15	3 x 6 - 10	2 min
<a href="#">Seated Calf Raise</a>	1 x 10 - 15	3 x 6 - 10	2 min
<a href="#">Incline Sit Up</a>		3 x 10 - 15	1 min

### PHASE 2 TRAINING

#### Day 1

Exercise	Warm Up	Working Sets	Rest
<a href="#">Incline Dumbbell Bench Press</a>	2 x 10 - 15	4 x 8 - 12	90 sec
<a href="#">Dumbbell Bench Press</a>		3 x 8 - 12	90 sec
<a href="#">Wide Grip Pull Up</a>	1 x 10	4 x 8 - 12	90 sec
<a href="#">Dumbbell Row</a>		3 x 8 - 12	90 sec
<a href="#">Side Lateral Raise</a>	1 x 10 - 15	4 x 8 - 12	90 sec
<a href="#">Seated Dumbbell Press</a>		3 x 8 - 12	90 sec
<a href="#">Incline Crunches</a>		3 x 15 - 20	45 sec
<a href="#">Hanging Knee Raise</a>		3 x 15 - 20	45 sec

#### Day 2

Exercise	Warm Up	Working Sets	Rest
<a href="#">Dumbbell Curl</a>	1 x 10 - 15	4 x 4 - 8	90 sec
<a href="#">Skullcrushers</a>	1 x 10 - 15	4 x 4 - 8	90 sec
<a href="#">Single Leg Press</a>	2 x 10 - 15	3 x 6 - 10	90 sec
<a href="#">Squat</a>		3 x 6 - 10	2 min
<a href="#">Leg Curl</a>	1 x 10 - 15	3 x 6 - 10	90 sec
<a href="#">Standing Calf Raise</a>	1 x 10 - 15	3 x 6 - 10	90 sec
<a href="#">Hanging Leg Raise</a>		3 x 15 - 20	45 sec

### PHASE 3 TRAINING

#### Day 1

Exercise	Warm Up	Working Sets	Rest
<b>Superset</b>			
<a href="#">Dumbbell Bench Press</a>	2 x 10 - 15	3 x 10 - 15	1 min between supersets
<a href="#">Two Arm Dumbbell Row</a>			
<b>Superset</b>			
<a href="#">Incline Dumbbell Fly</a>		3 x 10 - 15	1 min between supersets
<a href="#">Close Grip Pull Up</a>			
<b>Superset</b>			
<a href="#">Incline Machine Chest Press</a>		3 x 10 - 15	1 min between supersets
<a href="#">Machine Row</a>			
<b>Superset</b>			
<a href="#">Dumbbell Front Raise</a>	1 x 10 - 15	3 x 10 - 15	1 min between supersets
<a href="#">Dumbbell Side Lateral</a>			
<b>Superset</b>			
<a href="#">Hanging Leg Raise</a>		4 x 15 - 20	30 sec between supersets
<a href="#">Incline Sit Up</a>			

#### Day 2

Exercise	Warm Up	Working Sets	Rest
<b>Superset</b>			
<a href="#">Incline Dumbbell Curl</a>	1 x 10 - 15	4 x 10 - 15	1 min between supersets
<a href="#">Overhead Dumbbell Tricep Extension</a>			
<b>Superset</b>			
<a href="#">Smith Machine Squat</a>	2 x 10 - 15	3 x 10 - 15	1 min between supersets
<a href="#">Dumbbell Romanian Deadlift</a>			
<b>Superset</b>			
<a href="#">Leg Extension</a>		3 x 10 - 15	1 min between supersets
<a href="#">Seated Leg Curl</a>			
<a href="#">Single Leg Calf Raise</a>	1 x 10 - 15	3 x 10 - 15	30 sec
<a href="#">Floor Crunch</a>		4 x 15 - 20	30 sec