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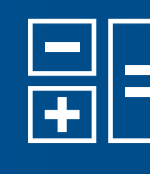
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Videos



Tools

BATMAN WORKOUT ROUTINE: 14 WEEK SUPERHERO WORKOUT

Build a physique like the Dark Knight with this 14 week Batman Workout Routine inspired by some of the former and future actors who've played Batman.

Link to Workout: <https://www.muscleanstrength.com/workouts/batman-workout-routine>

Main Goal: Build Muscle

Training Level: Intermediate

Program Duration: 14 weeks

Days Per Week: 4 Day

Time Per Workout: 60-90 Mins

Equipment: Barbell, Bodyweight,

Cables, Dumbbells, EZ Bar,

Machines, Other

Target Gender: Male & Female

Author: [M&S Team](#)

Day 1: Ben Affleck Batman Inspired Workout

Exercise	Sets	Reps
Barbell Squats	5	5
Deadlift	5	5
A1. Sled Push	4	10 Yards
A2. Heavy Loaded Carry	4	10 Yards
Walking Lunge	3	15 Each
Box Jump	3	10 - 12
Seated Calf Raise	4	6

Day 2: Ben Affleck Batman Inspired Workout

Exercise	Sets	Reps
Overhead Press	5	5
T Bar Row	4	6
A1. (Weighted) Pull Up	3	8 - 12
A2. Push Up	3	15
B1. Dumbbell Row	4	8 - 12
B2. Dumbbell Bench Press	4	6
C1. (Weighted) Dips	3	8 - 12
C2. Dumbbell Curls	3	12

Day 3: Ben Affleck Batman Inspired Workout

Exercise	Sets	Reps
Front Squats	5	5
Romanian Deadlift	4	6
A1. Sled Drag	4	10 Yards
A2. Sled Push	4	10 Yards
Goblet Squat	3	8
Lateral Lunge	3	10 Each
Jump Rope	1	8 Mins

Day 4: Ben Affleck Batman Inspired Workout

Exercise	Sets	Reps
Bent Over Row	5	5
Incline Bench Press	4	6
Seated Dumbbell Press	4	6
A1. Lateral Raise	3	10
A2. Cable Face Pull	3	15
Lat Pull Down	3	8
B1. Hammer Curl	3	12
B2. Overhead Tricep Extension	3	12

Day 1: Christian Bale Batman Inspired Workout

Exercise	Sets	Reps
Push Press	5	8, 8, 6, 5, 3
Arnold Press	3	12
Lateral Raise	2	15
Barbell Bench Press	5	8, 8, 6, 5, 3
Feet Elevated Push Ups	3	12
Cable Flys	2	15
Dips	3	12

Day 2: Christian Bale Batman Inspired Workout

Exercise	Sets	Reps
(Weighted) Pull Ups	5	8, 8, 6, 5, 3
T Bar Row	5	8, 8, 6, 5, 3
Cable Row	3	12
Underhand Lat Pull Down	3	12
Dumbbell Curl	3	10
EZ Bar Curl	3	15

Day 3: Christian Bale Batman Inspired Workout

Exercise	Sets	Reps
Squats	5	8, 8, 6, 5, 3
Romanian Deadlift	5	8, 8, 6, 5, 3
Hack Squat	4	10
Leg Curl	3	12
Standing Calf Raise	3	15
Seated Calf Raise	3	8

Day 1: Robert Pattinson Batman Inspired Workout

Exercise	Sets	Reps
A1. Incline Dumbbell Bench Press	3	8
A2. Dumbbell Lateral Raise	3	10
A3. Dumbbell Row	3	10
B1. Pull Up	3	8
B2. Standing Cable Row	3	10
B3. Cable Curl	3	12
C1. Plank	3	60 Secs
C2. Push Up	3	15
C3. Ab Crunch	3	15
C4. Mountain Climbers	3	12 Each
C5. Side Plank	3	30 Sec Each

Day 2: Robert Pattinson Batman Inspired Workout

Exercise	Sets	Reps
A1. Deadlift	3	8
A2. Air Squat	3	10
A3. Walking Lunges	3	12 Each
B1. Sled Push	3	10 - 15 Yards
B2. Goblet Squats	3	10
B3. Bodyweight Leg Curl	3	12
Jump Rope	1	10 - 15 Mins

Day 3: Robert Pattinson Batman Inspired Workout

Exercise	Sets	Reps
A1. Inverted Row	3	12
A2. Feet Elevated Push Up	3	12
A3. Planks	3	60 Secs
B1. Shoulder Press	3	8
B2. Bent Over Rear Delt Fly	3	10
B3. Overhead Tricep Extension	3	12
C1. Deadbugs	3	8 Each
C2. Bicycle Crunch	3	8 Each
C3. Oblique Crunch	3	8 Each

Day 4: Robert Pattinson Batman Inspired Workout

Exercise	Sets	Reps
A1. Landmine Goblet Squat	3	8
A2. Landmine RDL	3	8
Back Squat	4	6
B1. Walking Lunges	3	15 Each
B2. Farmer's Walks	3	30 Secs
Jump Rope	1	10 - 15 Mins

Day 5: Robert Pattinson Batman Inspired Workout

Exercise	Sets	Reps
A1. Seated Shoulder Press	3	10
A2. Dumbbell Row	3	10
A3. Push Up	3	10
A4. Dumbbell Curl	3	10
B1. Seated Cable Row	3	12
B2. Lat Pull Down	3	12
C1. Ab Crunch	3	15
C2. Lying Floor Leg Raise	3	15
C3. Scissor Kicks	3	12 Each