



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



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Workouts



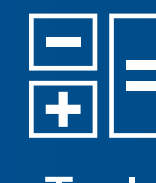
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## CAPTAIN AMERICA: BUILD A REAL WORLD READY WINTER SOLDIER PHYSIQUE

Build real-world strength, speed and dexterity with this "super workout." Use the virtues of honesty, bravery, humility, conviction and authority to reach your goals.

Link to Workout: <https://www.muscleandstrength.com/workouts/captain-america-winter-soldier-physique>

**Main Goal:** Build Muscle  
**Training Level:** Beginner  
**Program Duration:** 6 Weeks  
**Days Per Week:** 5 Days

**Time Per Workout:** 60-75 Mins  
**Equipment:** Barbell, Bodyweight, Dumbbells, Kettle Bells  
**Author:** Brad Borland

### Pre-Workout Warm Up Circuit

Exercise	Warm Up Sets	Work Sets	Rest
<ul style="list-style-type: none"> <li>• 10 Burpees</li> <li>• 10 Prisoner Squats</li> <li>• 10 <a href="#">Push Ups</a></li> <li>• 10 <a href="#">Walking Lunges</a></li> <li>• 10 <a href="#">Floor Crunches</a></li> </ul>			
Perform 1 - 2 rounds w/ a 30 Secs rest between rounds every training day.			

### Day 1: Lower Body

Exercise	Warm Up Sets	Work Sets	Rest
<a href="#">Box Jump</a>	-	3 x 10	30 Secs
<a href="#">Walking Lunge</a>	-	3 Lengths	30 Secs
<a href="#">One Leg Calf Raise</a> w/ Kettlebell or Dumbbell	-	3 x 10 - 15	30 Secs
<a href="#">Barbell Deep Squat</a>	1 x 12	3 x 8 - 10	60 Secs
<b>Superset</b>			
<a href="#">Lying Leg Lift</a>	-	3 x 15 - 20	-
<a href="#">Floor Crunch</a> (Slow Cadence)	-	3 x 15 - 20	30 Secs
Intervals: 5 Mins Warm Up Walk. Sprint for 20 Secs and rest for 40 Secs. Repeat for 10 - 15 Mins.			
Cool down & stretch.			

### Day 2: Upper Body

Exercise	Warm Up Sets	Work Sets	Rest
<a href="#">Incline Bench Dumbbell Press</a>	1 x 12	3 x 8 - 10	60 Secs
<b>Superset</b>			
<a href="#">Push Up</a>	-	3 x AMAP	60 Secs
<a href="#">Close Grip Push Up</a>	-	3 x AMAP	60 Secs
<a href="#">Medium Grip Pull Up</a>	-	3 x AMAP	60 Secs
<b>Superset</b>			
<a href="#">Two-Arm Dumbbell Row</a>	-	3 x 8 - 12	60 Secs
<a href="#">Standing Dumbbell Shoulder Press</a>	-	3 x 8 - 12	60 Secs
<b>Superset</b>			
<a href="#">Dumbbell Curl</a>	-	3 x 8 - 12	60 Secs
<a href="#">Parallel Bar Dip</a>	-	3 x 8 - 12	60 Secs
<a href="#">Hanging Leg Raise</a>	-	3 x 15 - 20	30 Secs
20 Mins Freeform steady-state <a href="#">Cardio</a> .			
Cool down & stretch.			
AMAP: As Many As Possible.			

### Day 3: Sprints

Exercise	Warm Up Sets	Work Sets	Rest
Warm Up w/ Walking for 5 Mins.			
Intervals: Sprint for 20 Secs, rest for 40 Secs. Repeat for 15 - 20 Mins.			

### Day 4: Lower Body

Exercise	Warm Up Sets	Work Sets	Rest
<a href="#">Jump Split Squat</a>	-	3 x 10	30 Secs
<a href="#">Dumbbell Stiff Leg Deadlift</a>	1 x 12	3 x 8 - 10	30 Secs
<b>Superset</b>			
<a href="#">Goblet Squat</a>	-	3 x 8 - 10	-
<a href="#">Reverse Lunge</a>	-	3 x 8 - 10	60 Secs
<b>Superset</b>			
<a href="#">Sissy Squat</a>	-	3 x 10 - 15	-
<a href="#">One Leg Calf Raise</a> w/ Kettlebell or Dumbbell	-	3 x 10 - 15	60 Secs
<a href="#">Planks</a>	-	20 - 30 Secs	30 Secs
20 Mins Freeform steady-state <a href="#">Cardio</a> .			
Cool down & stretch.			

### Day 5: Upper Body

Exercise	Warm Up Sets	Work Sets	Rest
<a href="#">Feet Elevated Push Up</a>	-	3 x AMAP	30 Secs
<a href="#">Flat Bench Dumbbell</a> or <a href="#">Barbell Press</a>	1 x 12	3 x 8 - 10	60 Secs
<a href="#">Reverse-Grip Pull Up</a>	1 x 12	3 x AMAP	60 Secs
<b>Superset</b>			
<a href="#">Inverted Rack Row</a>	-	3 x 8 - 12	-
<a href="#">Dumbbell Upright Row</a>	-	3 x 8 - 12	60 Secs
<b>Superset</b>			
<a href="#">Dumbbell Hammer Curl</a>	-	3 x 8 - 12	-
<a href="#">Overhead Dumbbell Triceps Extension</a>	-	3 x 8 - 12	60 Secs
Intervals: 5 Mins Warm Up Walk. Sprint for 20 Secs and rest for 40 Secs. Repeat for 10 - 15 Mins.			
Cool down & stretch.			