



THE TOOLS YOU NEED TO BUILD THE BODY YOU WANT®



Store



Workouts



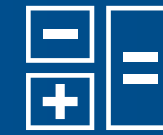
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TRAIN LIKE A SUPERHERO: 8 WEEK FULL BODY WORKOUT

Become a superhero! This 8 week full body workout routine trains several different necessary skill sets one may need while fighting crime.

Link to Workout: <https://www.muscleandstrength.com/workouts/train-like-a-superhero-full-body-workout>

Main Goal: Lose Fat

Training Level: Intermediate

Program Duration: 8 Weeks

Days Per Week: 3 Day

Time Per Workout: 90-120 Mins

Equipment: Barbell, Bodyweight, Dumbbells, Machines

Target Gender: Male & Female

Author: Roger "Rock" Lockridge

Exercise	Sets	Reps
Standing Overhead Barbell Press	5	5
Alternating Flat Dumbbell Press	3	8
Pull Ups	3	8 - 10
One Arm Machine Row	3	8
Romanian Deadlift	3	5
Single Leg Press	3	12
Vertical Jumps	3	5
Planks for Time with Weight	2	Failure
Medicine Ball Slams	2	10
Boxing Bag Drill	3	30 Secs Each
Sprints	5	100 M

*Rest 60-90 seconds between sets.