



THE TOOLS YOU NEED TO BUILD THE BODY YOU WANT®



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VAMPIRE HUNTER TRAINING GUIDE: WOODEN STAKE & GARLIC NOT REQUIRED

To track and catch a vampire you will need superior strength, speed and coordination. It's time to build serious muscle, scorch fat and prepare for the hunt!

Link to Workout: <https://www.muscleandstrength.com/workouts/vampire-hunter-training-guide>

Main Goal: Build Muscle
Training Level: Beginner
Program Duration: 6 Weeks
Days Per Week: 4 Days

Time Per Workout: 45-60 Mins
Equipment: Bands, Barbell, Bodyweight, Dumbbells
Author: Brad Borland

Day 1

Exercise	Warm Up	Work Sets	Reps
Triset			
Flat Bench Dumbbell Fly	2 x 15 - 20	3	10 - 15
Cross-Bench Pullover	2 x 15 - 20	3	10 - 15
Incline Dumbbell Press	-	3	10 - 15
Superset			
Medium to Wide-Grip Pull Up	-	3	8 - 12
Standing Shoulder Press	-	3	8 - 12
Superset			
Barbell Front Squat	2 x 15 - 20	3	5 - 8
Dumbbell Reverse Lunge	2 x 15 - 20	3	5 - 8
Superset			
Hanging Leg Raise	-	3	15 - 20
3 - Way Sit Up	-	3	15 - 20
Planks	-	3	20 - 30 Secs
Freeform HIIT Cardio . 30 Secs High Intensity; 120 Secs Low Intensity.			
HIIT Cardio: Please see the article for a breakdown of the gradual decrease of your high intensity & low intensity ratio.			

Day 2

Exercise	Warm Up	Sets	Reps
Superset			
Close-Grip Barbell Curl	2 x 15 - 20	3	10 - 15
Feet-Elevated Close-Grip Triceps Push Up	2 x 15 - 20	3	10 - 15
Superset			
Standing Band Lateral	1 x 15	3	20
Bent Over Band Lateral Raises	1 x 15	3	20
Superset			
Romanian Deadlift	2 x 15 - 20	3	10 - 15
Single-Leg Calf Raise	2 x 15 - 20	3	10 - 15
Superset			
Floor Crunch	-	3	15 - 20
Bicycle Crunch	-	3	15 - 20
Cardio: Sprints for 3 Mins, then perform 4 - 6 intervals of 30 Secs Sprints w/ 2 Min rest.			

Day 3

Exercise		Sets	Reps
Superset			
Flat Bench Dumbbell Press	2 x 15 - 20	3	8 - 12
Face Pull w/ Band	2 x 15 - 20	3	8 - 12
Superset			
Feet-Elevated Push Up	-	3	10 - 15
Inverted Row	-	3	10 - 15
Superset			
Box or Squat Jumps	2 x 15 - 20	3	15 - 20
Side Lunge	2 x 15 - 20	3	15 - 20
Superset			
Side Crunch	-	3	10 - 15
Bent-Knee Leg Raise	-	3	10 - 15
Freeform HIIT Cardio . 30 Secs High Intensity; 120 Secs Low Intensity.			
HIIT Cardio: Please see the article for a breakdown of the gradual decrease of your high intensity & low intensity ratio.			

Day 4

Exercise		Sets	Reps
Superset			
Incline Dumbbell Curls	2 x 15 - 20	3	8 - 12
Parallel Bar Dips	2 x 15 - 20	3	8 - 12
Superset			
Dumbbell Clean & Press	2 x 15 - 20	3	5 - 8
Barbell Deadlifts	2 x 15 - 20	3	5 - 8
Superset			
Forward Dumbbell Lunge	-	3	10 - 15
Farmer's Walk w/ Dumbbells	-	3	10 - 15
Superset			
Reverse Crunch	-	3	15 - 20
3-Way Planks	-	3	15 - 20
Cardio: Sprints for 3 Mins, then perform 4 - 6 intervals of 30 Secs Sprints w/ 2 Min rest.			