

MANU BENNETT DEATHSTROKE WORKOUT ROUTINE



BONUS PDF FILE

By: Mike Romaine

 **SUPERHERO** ⚡ **JACKED** 

Copyright Notice

No part of this report may be reproduced or transmitted in any form whatsoever, electronic, or mechanical, including photocopying, recording, or by any informational storage or retrieval system without expressed written, dated and signed permission from the author. All copyrights are reserved.

Disclaimer and/or Legal Notices

The information provided in this book is for educational purposes only. I am not a doctor and this is not meant to be taken as medical advice.

The information provided in this book is based upon my experiences as well as my interpretations of the current research available.

The advice and tips given in this course are meant for healthy adults only. You should consult your physician to insure the tips given in this course are appropriate for your individual circumstances.

If you have any health issues or pre-existing conditions, please consult with your physician before implementing any of the information provided in this course.

This product is for informational purposes only and the author does not accept any responsibilities for any liabilities or damages, real or perceived, resulting from the use of this information.

Manu Bennett Deathstroke Workout Routine

Unfortunately, we're not going to be covering yoga in this routine. I will also not be giving you specific "active" things to do throughout the week. That part is entirely up to you. If you want to sub one of the days for swimming or being active, that's fine and is encouraged.

The Workout Routine The Training Volume is 5 Days

Day One: Chest and Triceps

Warm Up:

Run 800m

Workout:

Incline Dumbbell Press

3x10

Skull Crushers

3x10

Chest Flys

3x10

Overhead Tricep Extension

3x10

Barbell Chest Press

5x10

3 Round Circuit:

10 Push Ups

10 Double Unders

10 Dips

Day Two: Bennett Workout

Warmup:

3 Sets of 2 Minute Punching Drills

Workout:

Crabwalk 10 meters forward and back

3 sets of 4 laps

Bear Crawl 10 meters forward and back

3 sets of 4 laps

30 Second Sprints

5 Sets

Punch/Kick Drills

3 Sets of 2 Minute Bag Drills with the addition of kicking

Weighted Burpees

3x10 – On the way up from your burpee lift 20 lbs. with you

Day Three: Back and Biceps

Warm Up:

Walk 400m

Workout:

Lateral Pull Downs

3x10

Dumbbell Curls

3x10

Dumbbell Rows

3x10

Preacher Curls

5x10

Deadlift

5x10

3 Round Circuit:

10 Wide Grip Pull Ups

10 Burpees

10 Wide Grip Push Ups

Day Four: Bennett Workout

Warmup:

3 Sets of 2 Minute Punching Drills

Workout:

Crabwalk 10 meters forward and back

3 sets of 4 laps

Bear Crawl 10 meters forward and back

3 sets of 4 laps

30 Second Sprints

5 Sets

Punch/Kick Drills

3 Sets of 2 Minute Bag Drills with the addition of kicking

Weighted Burpees

3x10 – On the way up from your burpee lift 20 lbs. with you

Day Five: Legs and Shoulders

Warm Up:

Run 800m

Workout:

Leg Press

3x10

Dumbbell Shoulder Raise

3x10

Weighted Lunges

3x10

Shoulder Flies

3x10

Back Squats

5x10

Military Press

5x10

3 Round Circuit:

10 Air Squats

10 Double Unders

10 Pull Ups