

THE UNOFFICIAL

DC COMICS

WORKOUTS

**SUPERHERO
JACKED**

More than 10 Workouts for Future Justice League Members, Titans, Watchmen, Members of The Shazam Family and More!

(Unofficial Workouts Inspired by Characters)

MIKE ROMAINE

THE UNOFFICIAL
DC COMICS
WORKOUTS

THE UNOFFICIAL *DC COMICS* WORKOUT ROUTINES

More than 10 Workouts for Future Justice
League Members, Titans, Watchmen,
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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 ensure 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.

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SECTION ZERO:

**THE
INTRODUCTION**

INTRODUCTION

WHAT IS AN UNOFFICIAL WORKOUT BOOKLET?

**"LIFE DOESN'T GIVE US PURPOSE. WE GIVE LIFE
PURPOSE." - THE FLASH**

First off: it's unofficial. These are not OFFICIAL workouts in any way.

In our [Superhero Academy](#) you gain access to 1000+ Celebrity and Character Inspired Workouts...instantly. From there you also get our 90 Day Academy System, Nutrition Course and 4-Tier Nutrition System, more than half a dozen 12-16 Week Hero Programs built for specific goals, a recipe index with new recipes every week, Fast Food Index, Low Calorie Snack Index, Upgrade Your Workout Tools, Nutrition Calculators, Learning Modules and so much more.

And no, this is not a shameless plug, this is me explaining to you

WHY we decided to build our Unofficial Workout Booklets.



Superhero Jacked now has over 1,000 workout routines...

With that, a lot of the best workouts become harder to find for new members just finding SHJ.

We've expanded our Workout Database (and continue to every single week) into soooo many different amazing categories, and we even write awesome listicles to help members find all the hidden awesomeness; but The SHJ Army asked for more.

Both Academy members and regular SHJ Army members alike LOVE downloading their routines and saving them to their drive for offline access.

That being said, even our Academy members asked if we could begin make booklets of routines to better jump through different workout protocols with one simple (but in-depth) downloaded file.

On top of that SHJ Army members would love to download more workouts, but also have them segmented ahead of time!

Insert The Unofficial Workout Booklets: the best of ALL worlds.

A way for SHJ Army and Academy members to download TONS of workout routines, specifically segmented to their favorite shows and themes.

Oh, and it helps Academy members specifically requested this as well...I like to call that a good ol' fashion double whammy.



SECTION ONE:

PHYSICAL TRAINING

CHAPTER ONE

PHYSICAL TRAINING

"I HAVE NO IDEA WHERE I'M GOING TO BE TOMORROW. BUT I ACCEPT THE FACT THAT TOMORROW WILL COME AND I'M GOING TO RISE TO MEET IT." - WONDER GIRL

Getting Started With Training: The Things You Should Know

I'm going to lead this section by telling you that this is NOT an in depth book on how to do all things training and nutrition. If you want more in depth you'll have to utilize [The Academy](#) (upgrade tools, learning modules and video courses to pair with your routines), or even one of our Superhero Programs (free inside The Academy) that come with roughly 100 pages of explanation.

That being said, I do want to give you a place to start, so I feel that I need to talk about some of the things you might want to pair with these



routines I'll be sharing OR even some of the things you might want to keep in mind to be able to upgrade these routines.

Of course, you can do any upgrading and formatting alone, or you can use our "[Upgrade Your Workout Tool](#)" inside The Academy as well, which allows you to take any workout on the entire site and turn it into a 4-8+ week plan combining all the things we're about to talk about.

But okay, okay, we're getting ahead of ourselves, and I'll also make sure to list articles and videos to help you out so you don't HAVE to utilize anything else but this book (if you don't want to).

Here's a brief overview of some of the things I'll be covering quickly for you guys with definitions and links to extra help:

- Pyramid Training Formats (Traditional & Reverse)
- Straight Sets
- Super Sets (and Tri-sets & Giant Sets)
- Circuits (and EMOMS, AMRAP and more)
- Progressive Overload
- Scaling (Up or Down)

There might be more on top of these things, but in an effort to not overwhelm you I'm going to let us take it as it comes.

And, remember, as I said: all of this is done AUTOMATICALLY with our Upgrade Your Workout Tool inside [The Academy](#) for any of these workouts



(and any of the other 1000+ on the site you gain access to).

So don't be afraid of all this stuff. If you need help, it's available.

But I know you're eager to get going and begin picking your plan so I'm going to leave you with one last thing before we get started:

I mentioned your "Pillars of Success" and the video course that is inside The Academy to help you complete your pillars. This booklet is here to help you with ONE pillar, which is your workout routine. **I'm going to also be labeling each workout with a difficulty level and suggested goal so that it better helps you pick your workout to best suit your Pillars of Success.**

But let's get started with some definitions so you know what I'm talking about when it comes to leveling up these programs (or even scaling them down if needed).

PYRAMID TRAINING

Traditional Pyramid Training: a collection of sets of the same exercise that start with a light weight and higher reps and then build up to a heavier weight with fewer reps.

Reverse Pyramid Training: a collection of sets of the same exercise that starts with the heaviest set (after a short warm up) and fewest reps and then build up to lighter weight with more reps.



Links

- **Article:** [What is Pyramid Training?](#)
- **Videos:**
 - [How To Use Pyramid Training](#)
 - [How To Use Reverse Pyramid Training](#)
 - [LVL Up: What is Pyramid Training?](#)

STRAIGHT SETS

Straight Sets: a collection of sets of the same exercise that utilize the same rep scheme throughout the entirety of that exercises sets.

Links

- **Videos:**
 - [LVL Up: Sets and Reps \(and how to perform them\)](#)

SUPERSETS

Supersets: combinations of two exercises performed consecutively with no rest in between the sets.

Ex: If I'm supersetting push ups and dips and have 3 supersets programmed of 12 reps each I would complete 12 reps of push-ups, then 12 reps of dips and THEN rest between my next superset.



Tri-sets: combinations of three exercises performed consecutively with no rest in between the sets.

Giant Sets: combinations of four or more exercises performed consecutively with no rest in between the sets.

Links

- **Video:**
 - [LVL Up: Circuits and Supersets](#)

CIRCUITS

Circuit: a non-stop completion of all the exercises programmed with no breaks in between them as you would with regular sets, or supersets. All rounds should be completed with no breaks, unless otherwise instructed.

Ex: If I have those same push-ups and dips programmed for 3 rounds of 12 each but as a circuit instead of a superset I would skip the break after each round and continue to complete 3 rounds straight through.

EMOM: EMOM is a style of circuit that stands for “Every Minute On The Minute” in which you perform the prescribed movements every time the timer hits the next minute. Generally a short rest will be allowed if you finish the movements prior to the next minute.



AMRAP: AMRAP is a style of circuit that stands for “As Many Rounds As Possible” or “As Many Reps As Possible” depending on how you’re counting/scaling the exercise. This is usually done by giving you a specific time that you have to complete the most reps or rounds in with no breaks (unless necessary; but will ultimately impact your scoring).

Links

- **Video:**
 - [LVL Up: Circuits and Supersets](#)

PROGRESSIVE OVERLOAD

Progressive Overload: In order for a muscle to grow, strength to be gained, performance to increase, or for any similar improvement to occur, the human body must be forced to adapt to a tension that is above and beyond what it has previously experienced.

Links

- **Videos:**
 - [LVL Up: What is Progressive Overload?](#)



SCALING

Scaling: Scaling is something that can be done to increase or decrease the difficulty of an overall workout or a specific exercise. Generally it is used for scaling down. For example, The Murph Challenge is extremely intense, so some people might scale the entire thing by not wearing a weighted vest and cutting the amount of reps you do off each exercise. Another example is given in the video I shared, showing examples of how to scale pull-ups if you're unable to do them regularly.

Links

- **Video:**
 - [How To Scale Pull Ups \(And Alternatives\)](#)

Alright, hopefully at this point you're not already overwhelmed, because there's obviously other things that go into building your perfect workout routine, and as I mentioned before: this is just ONE of the pillars that make up your Pillars for Success.

If you need help completing all your pillars you're going to want to head back over to the full book, or head into [The Academy](#) and start your Pillars of Success course in order to take what we have in there and put it all together specifically for YOUR success plan.



SECTION THREE:

THE WORKOUT ROUTINES

UNOFFICIAL SUPERMAN WORKOUT ROUTINE

Training Volume:

6 days per week

Want To Upgrade This Workout?

[The Superhero Academy](#) now comes with an [Upgrade Your Workout Tool](#) that allows Academy members to turn any SHJ workout into a 4-8 week fully planned regime detailing exact weights to lift and including reverse & traditional pyramid training, straight sets, super sets, progressive overload and more.



UNOFFICIAL DC COMICS WORKOUTS

THE UNOFFICIAL SUPERMAN WORKOUT SAMPLE SCHEDULE

Monday: Chest and Endurance Work

Tuesday: Arms and Endurance Work

Wednesday: Legs and Endurance Work

Thursday: Shoulders and Endurance Work

Friday: Back and Endurance Work

Saturday: Optional HIIT [Varied]

Sunday: Rest Day



UNOFFICIAL DC COMICS WORKOUTS

SUPERMAN INSPIRED WORKOUT ROUTINE: CHEST AND ENDURANCE WORK

Warm Up:

400-800m Jog

Weighted Dips

4×8

Main Lift:

Bench Press

2×12, 10 Warm Up Sets

3×5, 8, 10 Working Sets

Hammer Strength Decline Press

3×12

Cardio Work:

Run 2-3 Miles

Accessory Work:

Cable Chest Flyes

3×10

Incline Bench Press

4×12,10,8, 6

(Scale to Walk-Run Intervals)



UNOFFICIAL DC COMICS WORKOUTS

SUPERMAN INSPIRED WORKOUT ROUTINE: ARMS AND ENDURANCE WORK

Warm Up:

400-800m Jog

Main Lift(s):

Preacher Curls

4×12, 10, 8, 6

Seated Overhead Tricep
Extension

4×12, 10, 8, 6

Accessory Work:

Reverse Grip Tricep Cable
Pushdowns

3×12

Standing Alternating Dumbbell
Curls

4×10 each arm

Dumbbell Skull Crushers

3×10

Cardio Work:

Bike 5-10 Miles



UNOFFICIAL DC COMICS WORKOUTS

SUPERMAN INSPIRED WORKOUT ROUTINE: LEGS AND ENDURANCE WORK

Warm Up:

400-800m Jog

Leg Press

4×12,10,8, 6

Main Lift:

Back Squats

2×12, 10 Warm Up Sets

3×5, 8, 10 Working Sets

Bulgarian Split Squats

4×8 each leg

Cable Pullthroughs

3×12

Accessory Work:

Leg Press

3×10

Cardio Work:

Row 1600-3200 Meters



UNOFFICIAL DC COMICS WORKOUTS

SUPERMAN INSPIRED WORKOUT ROUTINE: SHOULDERS AND ENDURANCE WORK

Warm Up:

400-800m Jog

Power Cleans

4×12,10,8, 6

Main Lift:

Overhead Press

2×12, 10 Warm Up Sets

3×5, 8, 10 Working Sets

Barbell Shrugs

4×8

Kettlebell Swings

3×12

Accessory Work:

Seated Straight Arm Front Raises

3×10

Cardio Work:

Swim 800-1200m



UNOFFICIAL DC COMICS WORKOUTS

SUPERMAN INSPIRED WORKOUT ROUTINE: BACK AND ENDURANCE WORK

Warm Up:

400-800m Jog

Close Grip Cable Pulldowns

4×12,10,8, 6

Main Lift:

Deadlift

2×12, 10 Warm Up Sets

3×5, 8, 10 Working Sets

Wide Grip Pull Ups

4×8

Hammer Strength Single Arm
Pulls

3×12

Accessory Work:

Wide Grip Cable Rows

3×10

Cardio Work:

Run 2-3 Miles

(Scale to Walk-Run Intervals)



UNOFFICIAL BATMAN WORKOUT ROUTINE

Training Volume:

5 days per week

Want To Upgrade This Workout?

[The Superhero Academy](#) now comes with an [Upgrade Your Workout Tool](#) that allows Academy members to turn any SHJ workout into a 4-8 week fully planned regime detailing exact weights to lift and including reverse & traditional pyramid training, straight sets, super sets, progressive overload and more.



UNOFFICIAL DC COMICS WORKOUTS

THE UNOFFICIAL BATMAN WORKOUT SAMPLE SCHEDULE

There will be two workouts as listed Workout (A)
Workout (B) As well as Modifications for each workout
to increase and decrease difficulty.

Monday: Total Body (A) Cardio

Tuesday: Total Body (B) and Core

Wednesday: Total Body (A) and Cardio

Thursday: Total Body (B) and Core

Friday: Total Body (A) and Cardio

Saturday: Rest Day (Active Recovery)

Sunday: Mandatory Rest Day



UNOFFICIAL DC COMICS WORKOUTS

BATMAN INSPIRED WORKOUT ROUTINE: HIIT AND CALISTHENICS A

Warm Up: 400m Jog

50 Jumping Jacks | 20 Burpees

3x60sec Plank

Workout A:

Perform these as Supersets

Push ups (1)

Modifications: Increased Difficulty
Diamond Push ups, Beginner knees
on ground

4x25

Dips (1)

Modifications: Increased Difficulty
add weight, Beginner Bench Dips

4x15

Lunges (2)

Modifications: Increased Difficulty
Bulgarian Split Squat, Beginner NA

4x15 each leg

Air Squats (2): Increased Difficulty
Jumping Air Squats, Beginner NA

4x25

Pullups (Not a Super Set)

Modifications: Increased Chest to
Bar Pull ups, Beginner Jump Pull ups

4x8-10

Cardio: Jog 600m moderate pace

200 Jumping Jacks | 20 Burpees

Jog/Walk 400m



UNOFFICIAL DC COMICS WORKOUTS

BATMAN INSPIRED WORKOUT ROUTINE: HIIT AND CALISTHENICS B

Warm Up: Repeat 2 times

100 Jump ropes | 50 Mountain Climbers

15 Push ups | 20 Air Squats

Calisthenics B: Advanced Techniques Workout will include alternative Beginner Modifications

Incline Push ups

Modifications: Beginner Push ups or Knee on Ground Push ups

5×20

Forward leaning Dips

Modifications: Beginner upright dips/ Bench dips

3×10

Pike Push Ups

Modifications: NA

3×10

Australian Pull ups

Modifications: Beginner feet placed on a bench Australian Pull ups

3×12

Pistol Squats

Modifications: Beginner Air Squats

3×10

Walking Lunges

Modifications: NA

4×20

CONTINUED ->



UNOFFICIAL DC COMICS WORKOUTS

BATMAN INSPIRED WORKOUT ROUTINE: HIIT AND CALISTHENICS B / ALT WORK

Core

Plank

4x60sec

Bicycle Crunches

3x30

Roman Chair

3x20

ALTERNATIVE CORE AND CARDIO WORKOUTS:

When training gets dull add these in for a new challenge to conquer.

Core Workout Supplement

- Russian Twist 3x15
- Flutter Kicks 3x60 sec
- Crunches 4x15

Cardio Workout Supplement

- Jump Rope 3x5 min
- 30 mins on elliptical
- 20 min Lap Swim



UNOFFICIAL DC COMICS WORKOUTS

UNOFFICIAL BLACK ADAM WORKOUT ROUTINE

Training Volume:

6 days per week

Want To Upgrade This Workout?

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UNOFFICIAL DC COMICS WORKOUTS

THE UNOFFICIAL BLACK ADAM WORKOUT SAMPLE SCHEDULE

Monday: Chest and Endurance Work

Tuesday: Biceps and Endurance Work

Wednesday: Legs and Endurance Work

Thursday: Shoulders and Endurance Work

Friday: Back and Endurance Work

Saturday: Triceps and Endurance Work

Sunday: Rest Day



UNOFFICIAL DC COMICS WORKOUTS

BLACK ADAM INSPIRED WORKOUT ROUTINE: CHEST AND ENDURANCE WORK

Workout:

Barbell Bench Press

4×12, 10, 8, 5

Incline Dumbbell Press

4×12

Cable Crossovers

4×12

Hex Press

4×12

Weighted Dips

4×10

Push Ups

4×20

Endurance Work:

30–60 Minute Varied Cardio

This can be completed with any format you prefer and it can be done before or after your workout.



UNOFFICIAL DC COMICS WORKOUTS

BLACK ADAM INSPIRED WORKOUT ROUTINE: BICEPS AND ENDURANCE WORK

Workout:

Preacher Curls

4×12, 10, 8, 5

Dumbbell Hammer Curls

4×12

Spider Curls

4×12

Overhead Cable Curls

4×12

Zottman Curls

4×12

Chin Ups

4×10

Endurance Work:

30-60 Minute Varied Cardio

This can be completed with any format you prefer and it can be done before or after your workout.



UNOFFICIAL DC COMICS WORKOUTS

BLACK ADAM INSPIRED WORKOUT ROUTINE: LEGS AND ENDURANCE WORK

Workout:

Crossed Arm Front Squat

Back Squats

4×12

4×12, 10, 8, 5

Cable Pullthroughs

Seated Calf Raises

4×12

4×12

Endurance Work:

Dumbbell Weighted Lunges

30-60 Minute Varied Cardio

4×12

This can be completed with any format you prefer and it can be done before or after your workout.

Leg Press

4×12



UNOFFICIAL DC COMICS WORKOUTS

BLACK ADAM INSPIRED WORKOUT ROUTINE: SHOULDERS AND ENDURANCE WORK

Workout:

Rear Delt Cable Raise

Barbell Overhead Press

4×12

4×12, 10, 8, 5

Light Upright Rows

Single Arm Cable Front Raises

4×12

4×12

Endurance Work:

Hang Cleans (Barbell)

30–60 Minute Varied Cardio

4×12

This can be completed with any format you prefer and it can be done before or after your workout.

Barbell Shrugs

4×12



UNOFFICIAL DC COMICS WORKOUTS

BLACK ADAM INSPIRED WORKOUT ROUTINE: BACK AND ENDURANCE WORK

Workout:

Barbell Deadlift

4×12, 10, 8, 5

Wide Grip Lateral Pull Downs

4×12

Close Grip Lateral Pull Downs

4×12

Reverse Cable Crossovers

4×12

Hammer Strength Rows

4×12

Wide Grip Pull Ups

4×10

Endurance Work:

30-60 Minute Varied Cardio

This can be completed with any format you prefer and it can be done before or after your workout.



THE UNOFFICIAL VANDAL SAVAGE WORKOUT

Training Volume:

6 days per week

Want To Upgrade This Workout?

[The Superhero Academy](#) now comes with an [Upgrade Your Workout Tool](#) that allows Academy members to turn any SHJ workout into a 4-8 week fully planned regime detailing exact weights to lift and including reverse & traditional pyramid training, straight sets, super sets, progressive overload and more.



UNOFFICIAL DC COMICS WORKOUTS

THE UNOFFICIAL VANDAL SAVAGE WORKOUT SAMPLE SCHEDULE

Monday: Push Day Strength Training

Tuesday: 1.5 mile Run and Speed Training

Wednesday: Pull Day Strength Training

Thursday: 3-5 mile Run

Friday: Leg Day Strength Training

Saturday: 1.5 mile Run and Speed Training

Sunday: Rest



UNOFFICIAL DC COMICS WORKOUTS

VANDAL SAVAGE INSPIRED WORKOUT ROUTINE: PUSH DAY

Warm Up:

10-15 minute walk or row

Accessory Work w/ Straight Sets

Shoulder Front Raises w/ Cable or Dumbbells

4×12

Compounds w/ Reverse Pyramid Training

Barbell Bench Press

Cable Flies

4×4,6,8,12

4×12

Seated Military Press

Incline DB Press

4×4,6,8,12

4×12

Lateral Raises

4×12



UNOFFICIAL DC COMICS WORKOUTS

VANDAL SAVAGE INSPIRED WORKOUT ROUTINE: PULL DAY

Warm Up:

10-15 minute walk or row

Accessory Work w/ Straight Sets

Lateral Pulldowns

4×12

Compounds w/ Reverse Pyramid Training

T-Bar Rows

Deadlifts

4×12

4×4,6,8,12

Bicep Curls (EZ Bar or Dumbbells)

Weighted Chin Ups

4×12

4×4,6,8,12

Hammer Curls (Dumbbells or Cables)

4×12



UNOFFICIAL DC COMICS WORKOUTS

VANDAL SAVAGE INSPIRED WORKOUT ROUTINE: LEG DAY

Warm Up:

10-15 minute walk or row

Accessory Work w/ Straight Sets

Weighted Lunges

4×12

Seated Calf Raises

4×12

Hamstring Curls or Kickbacks

4×12

Leg/Quad Extensions

4×12

Compounds w/ Reverse Pyramid Training

Back Squats

4×4,6,8,12

Leg Press

4×4,6,8,12



UNOFFICIAL DC COMICS WORKOUTS

VANDAL SAVAGE INSPIRED WORKOUT ROUTINE: SPEED TRAINING

Running Speed Circuit:

- Run 4 sets of 400m dash at race speed
- 20 bench step ups
- Run 800m at race speed
- 20 squats per leg
- Run 8 sets of 200m dash with 1min rest in between
- 20 stride step ups per leg
- Run 8 sets of 100m dash, with 15 seconds rest in between
- 25m single leg forward hops
- Run for 6mins, doing easy paces and race paces every half min
- Plank for 1min
- Run 4 sets of 400m, with 2min rest in between.

Overall Speed Circuit:

Increase intensity by increasing rounds completed

- 60 Second Battle Rope
- 20 bench step ups
- Run 800m at race speed
- 20 squats per leg
- 50m Tire Flips
- 20 stride step ups per leg
- Run 8 sets of 100m dash, with 15 seconds rest in between
- 25m single leg forward hops
- 50m Farmer's Walk
- 20 kettlebell swings
- Run 4 sets of 400m, with 2min rest in between.



UNOFFICIAL TIM DRAKE WORKOUT ROUTINE

Training Volume:

6 days per week

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UNOFFICIAL DC COMICS WORKOUTS

THE UNOFFICIAL TIM DRAKE WORKOUT SAMPLE SCHEDULE

Monday: Upper Body Calisthenics and Core

Tuesday: Long Cardio, Holds and Optional MMA

Wednesday: Lower Body Calisthenics and Core

Thursday: Long Cardio, Holds and Optional MMA

Friday: Full Body Calisthenics and Core

Saturday: Long Cardio, Holds and Optional MMA

Sunday: Mandatory Rest Day



UNOFFICIAL DC COMICS WORKOUTS

TIM DRAKE INSPIRED WORKOUT ROUTINE: UPPER BODY CALISTHENICS AND CORE

Warm Up: Jump Rope 3×100

Chin Ups

Choice of Cardio:

- 30 min Bike Ride
- 20 min Elliptical
- 15 min Incline Walk

3×10

Wide Pull Ups

3×5

Plank to Push Up

Workout:

3×25

Regular Push Ups

Tricep Extensions (Bodyweight)

3×20

3×15

Diamond/Close Push Ups

Core:

3×20

Lying or Hanging Leg Raises

Dips

3×20

3×15

Sit Ups

3×20



UNOFFICIAL DC COMICS WORKOUTS

TIM DRAKE INSPIRED WORKOUT ROUTINE: LOWER BODY CALISTHENICS AND CORE

Warm Up: Jump Rope 3×100

Jump Squats

Choice of Cardio:

3×10

- 30 min Bike Ride
- 20 min Elliptical
- 15 min Incline Walk

Pistol Squats or Practice

3×5 each leg

Calf Raises

Workout:

3×25

Air Squats

3×25

Core:

Lying or Hanging Leg Raises

Lunges

3×20

3×20 (total)

V-Ups

Glute Bridges

3×20

3×15



UNOFFICIAL DC COMICS WORKOUTS

TIM DRAKE INSPIRED WORKOUT ROUTINE: FULL BODY CALISTHENICS AND CORE

Warm Up: Jump Rope 3×100

Pull Ups

Choice of Cardio:

4×10

- 30 min Bike Ride
- 20 min Elliptical
- 15 min Incline Walk

Wall Climbs

4×5

Wall Sit

Workout:

3×60 seconds

Push Ups

Core:

4×25

Lying or Hanging Leg Raises

Air Squats

3×20

4×25

Suitcases

Dips

3×20

4×15



UNOFFICIAL DC COMICS WORKOUTS

TIM DRAKE INSPIRED WORKOUT ROUTINE: LONG CARDIO, HOLDS AND OPTIONAL MMA

Long Cardio Choices:

- 90 min Bike
- 75 min Elliptical
- 60 min High Incline Walk
- 45 min Row

Reverse Superman Hold

3×30 seconds

Plank Hold

3×60 seconds

Side Plank

3×30 seconds each side

Holds Workout:

Superman Hold

3×30 seconds

L-Sit Hold

3×30 seconds

Handstand Static Wall Hold (Climb and Hold)

3×30 seconds

Mixed Martial Arts Resources

- [Deathstroke Workout Routine](#)
- [Daredevil Workout Routine](#)
- [Moon Knight Workout Routine](#)
- [Sagat Workout Routine](#)
- [Anna Diop Workout Routine and Diet Plan](#)
- [Frank Grillo Workout Routine and Diet Plan](#)
- [Ryan Potter Workout Routine and Diet Plan](#)



THE UNOFFICIAL SHAZAM WORKOUT ROUTINE

Training Volume:

5 days per week

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UNOFFICIAL DC COMICS WORKOUTS

THE UNOFFICIAL SHAZAM WORKOUT SAMPLE SCHEDULE

Monday: Shazam Chest and Triceps

Tuesday: Shazam Back and Traps

Wednesday: Shazam Quads and Calves

Thursday: Shazam Shoulders and Biceps

Friday: Shazam Deadlifts and Hamstrings

Saturday: Active Rest Day

Sunday: Mandatory Rest Day



UNOFFICIAL DC COMICS WORKOUTS

SHAZAM INSPIRED WORKOUT ROUTINE: SHAZAM CHEST AND TRICEPS

Warm Up:

Jump Rope 3×100

Dumbbell Bench Press

3×6-8

Workout:

Bench Press

Dumbbell Flys

3×6-8

5×3-5

Seated Overhead Tricep
Extension

Close Grip Bench Press

3×8-10

3×6-8

Cable Pushdowns

Incline Bench Press (DB or BB)

3×8-10

3×6-8



UNOFFICIAL DC COMICS WORKOUTS

SHAZAM INSPIRED WORKOUT ROUTINE: SHAZAM BACK AND TRAPS

Warm Up:

Jump Rope 3×100

Lateral Pulldowns

3×8-10

Workout:

Rack Pulls

5×3-5

Barbell Shrugs

3×4-6

T-Bar Rows

3×6-8

Cable Rows

3×8-10

Dumbbell Shrugs

3×8-10

Hang Cleans

3x8



UNOFFICIAL DC COMICS WORKOUTS

SHAZAM INSPIRED WORKOUT ROUTINE: SHAZAM QUADS AND CALVES

Warm Up:

Jump Rope 3×100

Leg Press Calf Raise

3×10-15

Workout:

Squats

5×3-5

Leg Press

3×8-10

Quad/Leg Extension

3×10-12

Seated Calf Raise

3×6-8

Straight Leg Deadlifts

3x10

Cable Pullthroughs

3x15



UNOFFICIAL DC COMICS WORKOUTS

SHAZAM INSPIRED WORKOUT ROUTINE: SHAZAM SHOULDERS AND BICEPS

Warm Up:

Jump Rope 3×100

Dumbbell Front Raises

3×8-10

Workout:

Barbell Press (Seated or
Standing)

5×3-5

Seated Arnold Press

3×6-8

Dumbbell Lateral Raises

3×8-10

Dumbbell Bicep Curls

3×8-10 each arm

Cable Preacher Curls

3×6-8

Concentration Curls

3×6-8 each arm



UNOFFICIAL DC COMICS WORKOUTS

SHAZAM INSPIRED WORKOUT ROUTINE: SHAZAM DEADLIFTS AND HAMSTRINGS

Warm Up:

Jump Rope 3×100

Dumbbell Romanian Deadlifts
Light

3×8-10

Workout:

Deadlift

Bulgarian Split Squat Light

3×8-10 each leg

5×3-5

Reverse Flys

Hamstring Curls

3x10

3×8-10

Back Hypertension

Cable Pullthroughs

3x12

3×6-8



THE UNOFFICIAL WONDER GIRL WORKOUT ROUTINE

Training Volume:

4 days per week

Want To Upgrade This Workout?

[The Superhero Academy](#) now comes with an [Upgrade Your Workout Tool](#) that allows Academy members to turn any SHJ workout into a 4-8 week fully planned regime detailing exact weights to lift and including reverse & traditional pyramid training, straight sets, super sets, progressive overload and more.



UNOFFICIAL DC COMICS WORKOUTS

THE UNOFFICIAL WONDER GIRL WORKOUT SAMPLE SCHEDULE

Monday: Wonder Chest and Triceps

Tuesday: Wonder Back and Biceps

Wednesday: Run 1-3 Miles

Thursday: Wonder Shoulders, Traps and Delts

Friday: Wonder Legs and Glutes

Saturday: Active Rest Day

Sunday: Mandatory Rest Day



UNOFFICIAL DC COMICS WORKOUTS

WONDER GIRL INSPIRED WORKOUT ROUTINE: WONDER CHEST AND TRICEPS

Warm Up:

Stretch

10-15 minute jog

Workout:

Bench Press

5×5

Close Grip Bench Press

4×6,8,10,12

Incline Bench Press

4×6,8,10,12

Chest Flyes

3×12

Overhead Tricep Extension

3×12

Weighted Dips

3×12-15



UNOFFICIAL DC COMICS WORKOUTS

WONDER GIRL INSPIRED WORKOUT ROUTINE: WONDER BACK AND BICEPS

Warm Up:

Stretch

10-15 minute jog

Bent Over Rows

4×6,8,10,12

Hammer Curls (DB or Cable)

Workout:

Deadlift

5×5

Bicep Curls (BB or EZ Bar)

4×6,8,10,12

3×12

Wide Pulldowns

3×12

Weighted Chin Ups

3×5-10



UNOFFICIAL DC COMICS WORKOUTS

WONDER GIRL INSPIRED WORKOUT ROUTINE: WONDER SHOULDERS TRAPS AND DELTS

Warm Up:

Stretch

10-15 minute jog

Upright Rows

4×6,8,10,12

Face Pulls

Workout:

Military Press

5×5

Barbell Shrugs

4×6,8,10,12

3×12

Shoulder Front Raises

3×12

Lateral Raises DB

3×12-15



UNOFFICIAL DC COMICS WORKOUTS

WONDER GIRL INSPIRED WORKOUT ROUTINE: WONDER LEGS AND GLUTES

Warm Up:

Hamstring Curls or Kickbacks

Stretch

4×6,8,10,12

10-15 minute jog

Quad/Leg Extension

Workout:

3×12

Back Squats

Box Jumps w/ Increasing Height

5×5

3×12

Glute Bridges

Weighted Jumping Lunges

4×6,8,10,12

3×12-15



UNOFFICIAL COMEDIAN WORKOUT ROUTINE

Training Volume:

6 days per week

Want To Upgrade This Workout?

[The Superhero Academy](#) now comes with an [Upgrade Your Workout Tool](#) that allows Academy members to turn any SHJ workout into a 4-8 week fully planned regime detailing exact weights to lift and including reverse & traditional pyramid training, straight sets, super sets, progressive overload and more.



UNOFFICIAL DC COMICS WORKOUTS

THE UNOFFICIAL COMEDIAN WORKOUT SAMPLE SCHEDULE

Monday: Cardio Warm Up, Bench Day and Circuit

Tuesday: Cardio Warm Up, Deadlift Day and Circuit

Wednesday: Long Distance Cardio and Calisthenics

Thursday: Cardio Warm Up, OHP Day and Circuit

Friday: Cardio Warm Up, Squat Day and Circuit

Saturday: Murph Challenge

Sunday: Rest Day



UNOFFICIAL DC COMICS WORKOUTS

THE COMEDIAN INSPIRED WORKOUT ROUTINE: BENCH DAY

Warm Up: 1600m Jog

Plank to Push Ups

Compound: Bench Press 5×5

3×20

Workout:

Circuit:

Decline Hammer Strength

3 Round for Time:

3×10

***Break 1 Minute Between
Rounds***

Close Grip Bench Press

10 Double Unders

3×10

25 Incline Hex Press

Reverse Grip Cable Pushdowns

20 Push Ups

3×10

15 Dips

Weighted Dips

10 Incline DB Press

4×8

Battle Ropes to Failure



UNOFFICIAL DC COMICS WORKOUTS

THE COMEDIAN INSPIRED WORKOUT ROUTINE: DEADLIFT DAY

Warm Up: 1600m Jog

Preacher Curls

Compound: Deadlift 5×5

5×10

Workout:

Circuit:

Bent Over Rows w/ Barbell

4 Round for Time:

3×10

***Break 1 Minute Between
Rounds***

Barbell Shrugs

20 Lateral Pulldowns

3×10

20 Rows (Cable or 10 Each Arm w/
DB)

Dumbbell Shrugs (Or Machine)

3×10

20 Straight Arm Pushdown

Weighted Chin Ups

50 Meter Farmers Carry

4×8



UNOFFICIAL DC COMICS WORKOUTS

THE COMEDIAN INSPIRED WORKOUT ROUTINE: LONG DISTANCE CARDIO & CALISTHENICS

Warm Up:

Walk/Jog

Workout:

Run 3-5 Miles

Calisthenics Portion:

Push Ups: 150

Air Squats: 150

Pull Ups: 75

Dips: 75



UNOFFICIAL DC COMICS WORKOUTS

THE COMEDIAN INSPIRED WORKOUT ROUTINE: OVERHEAD PRESS DAY

Warm Up: 1600m Jog

Lateral Raises

Compound: Overhead Press 5×5

3×20

Workout:

Circuit:

Seated Alternating DB Front Raise

3 Round for Time:

3×10

***Break 1 Minute Between
Rounds***

EZ Bar or Barbell Upright Row

25 Kettlebell Swings

3×10

20 Thrusters w/ DB

Hammer Straight Press LIGHT

15 Snatches w/ Bar

3×10

Push Ups to Failure

Power Cleans

4×8



UNOFFICIAL DC COMICS WORKOUTS

THE COMEDIAN INSPIRED WORKOUT ROUTINE: SQUAT DAY

Warm Up: 1600m Jog

Barbell Step Ups

Compound: Back Squats 5×5

3×20 (10 Each Leg)

Workout:

Circuit:

Leg Press

5 Round for Time:

3×10

***Break 1 Minute Between
Rounds***

Straight Leg Deadlift

50 Meter Sled Push

3×10

20 Weighted Lunges (10 Each Leg)

Weighted Side Lunges

20 Box Jumps

3×10

50 Meter Sled Pull

Seated Calf Raises

4×20



UNOFFICIAL DC COMICS WORKOUTS

THE COMEDIAN INSPIRED WORKOUT ROUTINE: THE MURPH CHALLENGE

Complete for Time:

****Wearing a 20 lb. Weighted Vest or Body Armor****

1 Mile Run

100 Pull Ups

200 Push Ups

300 Squats

1 Mile Run



UNOFFICIAL WONDER WOMAN WORKOUT

Training Volume:

3-5 days per week

Want To Upgrade This Workout?

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UNOFFICIAL DC COMICS WORKOUTS

THE UNOFFICIAL WONDER WOMAN WORKOUT SAMPLE SCHEDULE

Monday: Full Body Calisthenics and Circuit A

Tuesday: Jump Rope Workout, HIIT, Long Distance
Cardio or MMA

Wednesday: Full Body Calisthenics and Circuit B

Thursday: Jump Rope Workout, HIIT, Long
Distance Cardio or MMA

Friday: Full Body Calisthenics and Circuit C

Saturday: Active Off Day

Sunday: Rest Day



UNOFFICIAL DC COMICS WORKOUTS

WONDER WOMAN INSPIRED WORKOUT ROUTINE: FULL BODY CALISTHENICS AND CIRCUIT A

Warm Up: Jump Rope 3×50

Planks

Workout:

3×60 seconds

Close to Wide Push Ups (Can be
done on knees)

Wall Sit

4×20

3×60 seconds

Skull Crushers (Calisthenics
Variation)

Circuit A: Complete 3 Rounds

4×15

15 Half Burpees

Sit Ups

15 Jump Squats

4×20

15 Second Hollow Hold

Side Lunges

4×15 each leg



UNOFFICIAL DC COMICS WORKOUTS

WONDER WOMAN INSPIRED WORKOUT ROUTINE: FULL BODY CALISTHENICS AND CIRCUIT B

Warm Up: Jump Rope 3×50

Pike Push Ups

Workout:

3×15

Basic Push Up or Knee Push Ups

Step Ups

4×20

3×15 each leg

Dips on Chair

Circuit B: Complete 3 Rounds

4×15

10 Second L-Sit Hold

Bicycle Crunches

10 Explosive Push Ups

4×20

10 Pistol Squats [total]

Pause Squats

4×25



UNOFFICIAL DC COMICS WORKOUTS

WONDER WOMAN INSPIRED WORKOUT ROUTINE: FULL BODY CALISTHENICS AND CIRCUIT C

Warm Up: Jump Rope 3×50

Skater Lunges

Workout:

3×20 [total]

Diamond Push Ups (Can be done
on knees)

Bulgarian Split Squats

4×20

3×15 each leg

Inch Worms

Circuit C: Complete 3 Rounds

4×15

20 Second Reverse Superman
Hold

Lying Leg Raises

10 Air Squats

4×20

5 Burpees

Explosive Squats

4×25



UNOFFICIAL LEX LUTHOR WORKOUT ROUTINE

Training Volume:

5 days per week

Want To Upgrade This Workout?

[The Superhero Academy](#) now comes with an [Upgrade Your Workout Tool](#) that allows Academy members to turn any SHJ workout into a 4-8 week fully planned regime detailing exact weights to lift and including reverse & traditional pyramid training, straight sets, super sets, progressive overload and more.



UNOFFICIAL DC COMICS WORKOUTS

THE UNOFFICIAL LEX LUTHOR WORKOUT SAMPLE SCHEDULE

Monday: Chest, Core and Endurance

Tuesday: Legs, Core and Endurance

Wednesday: Arms, Core and Endurance

Thursday: Shoulders, Core and Endurance

Friday: Back, Core and Endurance

Saturday: Active Rest Day

Sunday: Mandatory Rest Day



UNOFFICIAL DC COMICS WORKOUTS

LEX LUTHOR INSPIRED WORKOUT ROUTINE: CHEST, CORE AND ENDURANCE

Warm Up: 30 Minutes Varied Cardio

Finale:

Compound: Bench Press

5×15, 12, 10, 8, 5

Weighted Dips

5×5

Superset One:

A. Hex Press

3×10

Core Work:

Planks

4×60 seconds

B. Standing Incline DB Flyes

3×10

Sit Ups

4×25

Superset Two:

A. Incline Dumbbell Press

3×10

Lying Leg Raises

4×20

B. Incline Dumbbell Chest Flyes

3×10



UNOFFICIAL DC COMICS WORKOUTS

LEX LUTHOR INSPIRED WORKOUT ROUTINE: LEGS, CORE AND ENDURANCE

Warm Up: 30 Minutes Varied Cardio

Finale:

Compound: Back Squat

Hamstring Curls

5×15, 12, 10, 8, 5

4×20

Superset One:

Core Work:

A. Leg Press

Side Planks

3×10

4×30 seconds each side

B. Leg Press Calf Raises

V-Ups

3×10

4×25

Superset Two:

Flutter Kicks

A. Straight Leg Kettlebell Deadlift

4×50

3×10

B. Weighted Step Ups

3×10



UNOFFICIAL DC COMICS WORKOUTS

LEX LUTHOR INSPIRED WORKOUT ROUTINE: ARMS, CORE AND ENDURANCE

Warm Up: 30 Minutes Varied Cardio

Finale:

Compound: Preacher Curls

Close to Wide Push Ups

5×15, 12, 10, 8, 5

4×20

Superset One:

Core Work:

A. Cable Pushdowns

L-Sit Hold

3×10

4×30 Seconds

B. Cable Kickbacks

Bicycles Crunches

3×10 each arm

4×30

Superset Two:

Hanging Knee Raises w/ Twist

A. Cable Hammer Curls w/ Rope

3×10

B. Cable Overhead Tricep Ext. w/ Rope

3×10



UNOFFICIAL DC COMICS WORKOUTS

LEX LUTHOR INSPIRED WORKOUT ROUTINE: OVERHEAD PRESS, CORE AND ENDURANCE

Warm Up: 30 Minutes Varied Cardio

Finale:

Compound: Overhead Press

Power Cleans

5×15, 12, 10, 8, 5

4×5

Superset One:

Core Work:

A. Upright Rows

Superman Hold

3×10

4×30 seconds

B. DB Front Raises

Sit Ups w/ Twist

3×10

4×20

Superset Two:

Lying Leg Raises w/ Hip Thrust

A. Kettlebell Swings

4×20

3×10

B. Curl to Press

3×10

80



UNOFFICIAL DC COMICS WORKOUTS

LEX LUTHOR INSPIRED WORKOUT ROUTINE: DEADLIFT, CORE AND ENDURANCE

Warm Up: 30 Minutes Varied Cardio

Finale:

Compound: Deadlift

Cable Rows

5×15, 12, 10, 8, 5

4×15

Superset One:

Core Work:

A. Bent Over Rows

Plank to Push Ups

3×10

4×15

B. Barbell Shrugs

Sit Ups

3×10

4×20

Superset Two:

Hollow Hold

A. Wide Grip Pulldowns

4×30 seconds

3×10

B. Straight Arm Pulldowns

3×10



UNOFFICIAL AQUAMAN JUMP ROPE WORKOUT

Training Volume:

One Day Per Week
(To Be Added Into Other Workouts)

Want To Upgrade This Workout?

[The Superhero Academy](#) now comes with an [Upgrade Your Workout Tool](#) that allows Academy members to turn any SHJ workout into a 4-8 week fully planned regime detailing exact weights to lift and including reverse & traditional pyramid training, straight sets, super sets, progressive overload and more.



UNOFFICIAL DC COMICS WORKOUTS

THE AQUAMAN INSPIRED JUMP ROPE WORKOUT

COMPLETE 3-5 ROUNDS:

Jump Rope x 100

Kettlebell Swings x 20

Swim 2 Laps

Sit Ups x 25

Jump Rope x 100

Kettlebell Deadlifts x 20

Swim 2 Laps

Hanging Leg Raises x 25



UNOFFICIAL DC COMICS WORKOUTS

UNOFFICIAL HARLEY QUINN JUMP ROPE WORKOUT

Training Volume:

One Day Per Week
(To Be Added Into Other Workouts)

Want To Upgrade This Workout?

[The Superhero Academy](#) now comes with an [Upgrade Your Workout Tool](#) that allows Academy members to turn any SHJ workout into a 4-8 week fully planned regime detailing exact weights to lift and including reverse & traditional pyramid training, straight sets, super sets, progressive overload and more.



UNOFFICIAL DC COMICS WORKOUTS

THE HARLEY QUINN INSPIRED JUMP ROPE WORKOUT

COMPLETE 3-5 ROUNDS:

Boxer Skips x 50

Sledgehammer Slams x 15

Boxer Skips x 50

Sledgehammer Halos x 15

Boxer Skips x 50

Sledgehammer Front Squats x 15

Boxer Skips x 50

Sledgehammer Kayakers x 60 Seconds



CONCLUSION:

**THE BEGINNING
OF YOUR JOURNEY**

CONCLUSION

THE BEGINNING OF YOUR JOURNEY

"THE FUTURE IS WORTH IT. ALL THE PAIN. ALL THE TEARS. THE FUTURE IS WORTH THE FIGHT."

- MARTIAN MANHUNTER

This is hopefully the beginning of your transformation.

The true beginning of you unleashing your inner SuperHuman and unlocking The Superhero Physique.

I want to take a second to acknowledge that and give you a bit of a pep-talk before you head out and start putting your new program to use.

I want you to know that this stuff works. I've programmed for hundreds and hundreds of people now, and this will get you towards your goal.

That being said, it will only work if you put in the work.

The workouts aren't magic.



They're only one piece of The Pillars of Success that we structure our transformations around at Superhero Jacked.

Don't get me wrong, though, starting with any of these programs is a HUGE step in the right direction.

I just want to make it very clear that if you want the FULL package and the FULL scope of what we do in order to build our Pillars of Success, you'll need to join us in [The Academy](#).

Please don't hesitate to email me for help regardless, and send me your progress: mike@superherojacked.com

Chat soon, and good luck!

Mike Romaine

SHJ's Nick Fury

SuperheroJacked.com

