

★ CAPTAIN ★ AMERICA



Welcome, aspiring superheroes, to the **Super Soldier Workout!** Channel the strength, agility, and endurance of the legendary Captain America as you embark on this epic fitness journey. Are you ready to unleash your full potential and become the ultimate symbol of justice? Let's begin!

1. Shield Plate Squats: 3 sets of 10 reps

- Hold a weighted plate or a dumbbell above head. Perform a squat, then explode upwards like you are wielding his shield.



2. Super Soldier Up & Down Plank: 3 sets of 5 reps each side

- Assume an elbow plank position. Go up to a hand plank with right then left, back down to elbows.



3. Military Alt. Hammer Curls: 3 sets of 20 reps

- Hold a dumbbell in each hand with palms facing upwards. Curl one weight at a time towards your shoulders.



4. Steve Rogers Alt. Reverse Lunges: 3 sets of 20 reps

- Hold a pair of dumbbells by your sides. Step backwards with one leg at a time.



5. Avenger Decline Sit-ups: 3 sets of 15 reps

- Lie on your back on decline bench and sit-up all the way up. Slowly lower back down.



6. Revitalize Jumping Jacks: 3 sets of 1 min

- Jump in place while spreading your arms and legs wide.



HULK



Welcome, brave souls, to the **Hulk Smash Workout** – a fitness journey that will unleash your inner superhero strength! Channel your inner Hulk as you power through these six exercises designed to sculpt muscles and ignite your power.

1. Gamma Step Up w/Knee Drive: 3 sets of 10 reps each side

- Stand tall and step up on bench with a powerful, Hulk-like knee drive up.



2. Incredible Hulk (Skull Crushers): 3 sets of 10 reps

- Lay on back, dumbbells together above and drop towards skull and lift with a roar, showcasing your might.



3. Smash Kettlebell Swings: 3 sets of 10 reps

- Hold a kettlebell with both hands. Swing it between your legs and then explosively lift it to shoulder height. Control the descent, mimicking the Hulk's smashing prowess.



4. Angry Side Bends: 3 sets of 10 reps each side

- Hold a sumo squat w/arm behind head, bend to the side down to knee.



5. Rampaging Bear Crawls: 3 sets of 20 reps forward

- Get on all fours and crawl forward, keeping your back straight. Move with speed and intensity, like a rampaging Hulk on a mission.



6. Destructive Slams: 3 sets 15 reps

- Pick up a medicine ball and raise it overhead. Slam it to the ground with all your might. Catch and repeat for a smashing cardio boost.



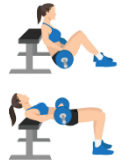
IRON MAN



Get ready to train like Tony Stark and become a superhero with the **Iron Man Armor Training Workout**. This workout focuses on strength, agility, and endurance to help you build the physique of a genius billionaire inventor and superhero.

1. Repulsor Blasts (Barbell Hip Thrusters): 3 sets of 15 reps

- Begin seated on the ground w/bench behind. Barbell should be directly above your hips. Lean back against the bench and raise your hips toward the ceiling.



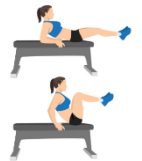
2. Flight Training (Jumping Lunges): 3 sets of 10 reps on each leg

- Stand with feet hip-width apart. Step forward into a lunge, then jump and switch legs mid-air.



3. Power Arc Reactor (In & Out Kicks): 3 sets of 15 reps

- Sit on bench, arms behind holding the bench. Bring legs into chest and kick out to straight.



4. Pepper Potts (Tricep Kickbacks): 3 sets of 15 reps

- Hold a kettlebell with both hands in front of you. Swing it between your legs, then thrust your hips forward to swing it up to shoulder height.



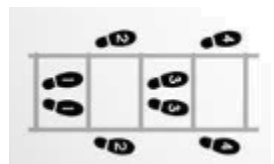
5. Unibeam Focus (Chest Press w/Legs Extended): 3 sets of 15 reps

- Lay flat on back, legs are extended right above ground. Press weights off chest.



6. Mark XLII Agility (Agility Ladder: In & Out Jumps): 1 minute on ladder

- Set up an agility ladder or create one with tape on the floor. Perform in and out jumps, back and forth for a minute.





MR FANTASTIC FANTASTIC 4 FOUR

Welcome, heroes, to the **Flexibility Frenzy Stretching Workout** with Mr. Fantastic himself! Just like Reed Richards, the leader of the Fantastic Four, we're about to stretch our limits and unleash our inner elasticity. These stretches will help you reach new lengths, enhance your flexibility, and prepare you for any mission that comes your way.

1. Elastic Arms: 3 sets of Holding 20 sec. each side

-Begin by standing tall with your feet shoulder-width apart. Slowly bring one arm across your chest, using the other hand to gently pull it closer.



2. Fantastic Forward Fold: 3 sets of Holding for 20 sec.

-Stand with your feet hip-width apart. Bend forward at the waist, reaching your hands toward the ground or your shins.



3. Dynamic Spine Twist: 3 sets of Holding for 20 sec. each side

- Sit on the ground. Bend your right knee and cross it over your left leg, placing your right foot on the ground next to your left knee. Twist your torso to the right, placing your left elbow on the outside of your right knee and looking over your right shoulder.



4. Super Stretchy Hamstrings w/Side Bend: 3 sets of Holding for 20 sec. each side

-Sit on the ground with one leg extended straight in front of you and the other leg bent, foot flat on the ground and placed against the inner thigh of the extended leg. Reach forward toward your toes, keeping your back straight. Reach opp. Arm overhead.



5. Incredible Hip Flexor: 3 sets of Holding for 20 sec. each side

-Begin in a low lunge position with your right foot forward and your left knee on the ground. Gently lower your hips toward the ground while keeping your back upright. You should feel a stretch in the front of your left hip.



6. Stretchy Spinal Twist: 3 sets of Holding for 20 sec. each side

-Lie on your back with your knees bent and feet flat on the ground. Extend your arms out to the sides in a T position. Slowly drop your knees to one side, keeping your shoulders on the ground.



SPIDER-MAN



Welcome to “The Ultimate Spider-Man Fitness Adventure”, where we swing into action to harness the swift and nimble nature of the web-slinging hero! Get ready to channel your inner Spider-Man with exercises that will test your agility, flexibility, and overall endurance. If you're eager to climb to new heights in your fitness journey.

1. Web Slinger Plie Squats: (3 sets of 15 reps)

- Mimic shooting webs while performing toe pointed out squats with calf raise.



2. Spider Crawl: (3 sets for 20 reps Forward)

- Get into a plank position and crawl like Spiderman, moving your arms and legs simultaneously.



3. Rooftop Leaps: (3 sets of 12 jumps)

- Perform broad jumps forward, landing in a low squat, as if leaping over tall buildings.



4. Peter Parker Oblique Twists: (3 sets of 20 reps)

- Sit with your feet off the ground and twist your torso, touching the ground on each side with your hands.



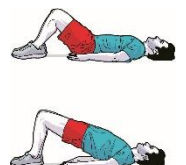
5. Spidey Sense Side Planks: (3 sets of 30 sec. each side)

- Hold a side plank, focusing on balance and core strength, as if tuning into your Spidey senses.



6. Green Goblin Glute Bridges: (3 sets of 15 reps)

- Lay on your back with knees bent, lifting your hips to strengthen your glutes, ready to face the Green Goblin.



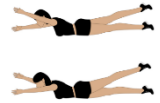
AQUAMAN



Embark on the “**Trident Triumph Circuit**” with a blend of strength and agility, drawing from the depths of the ocean for a transformative fitness experience. Immerse yourself in this routine that mirrors the power and resilience of

1. Ocean Wave Swimmers: 3 sets of 30 sec.

- Lie face down, arms extended in front. Lift arms, chest, and legs off the ground simultaneously. Flutter arms and legs like swimming.



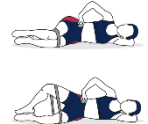
2. Wave Rider Leg Raises: 3 sets of 20 reps

- Lie on your back, arms under butt. Lift your legs in a fluid, wave-like motion, engaging your core.



3. Clams w/Band: 3 sets of 15 reps

- Put band right above knee and lay on side. Open legs like a clam. Keeping your feet together like the hinge of the clam.



4. Crab Walk w/Band: 3 sets of 15 steps

- Put band right above knee and squat down, walk side to side like a crab in the ocean.



5. Starfish Crunch: 3 sets of 20 reps

- Lie on your back and stretch your arms and legs like a starfish. Alternating opposite arm to leg crunch.



6. Deep Dive DB Rows (Plank Position): 3 sets of 15 reps each side

- In a hand plank position, pull the weights up towards your armpit, mimicking the strength of a deep-sea dive.



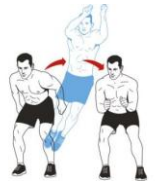


BATMAN

Welcome to the **Dark Knight's Vigilante Workout**: a training regimen inspired by Batman's legendary strength, agility, and resilience. Channel your inner superhero as you embark on this intense journey to build a physique worthy of Gotham's caped crusader.

1. Gotham City Parkour (Side to Side Jumps): 3 sets of 20 jumps

- Jump from side to side, simulating urban parkour. Embracing the agility required to navigate Gotham's rooftops.



2. Batarang Throws (Medicine Ball Slams): 3 sets of 15 reps

- Grab a medicine ball, raise it overhead, and slam it to the ground with force.



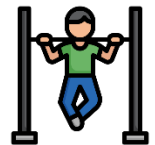
3. Batmobile Push (Sled Push): 3 sets of down and back

- Push a sled loaded with weights across a distance or a towel, mimicking the strength needed to move the Batmobile.



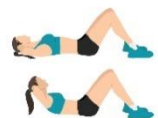
4. Grappling Hook Pull-ups: 3 sets of 10 reps

- Perform pull-ups, imagining you're scaling the side of a building with Batman's trusty grappling hook.



5. Arkham Asylum Core Crunches: 3 sets of 20 reps

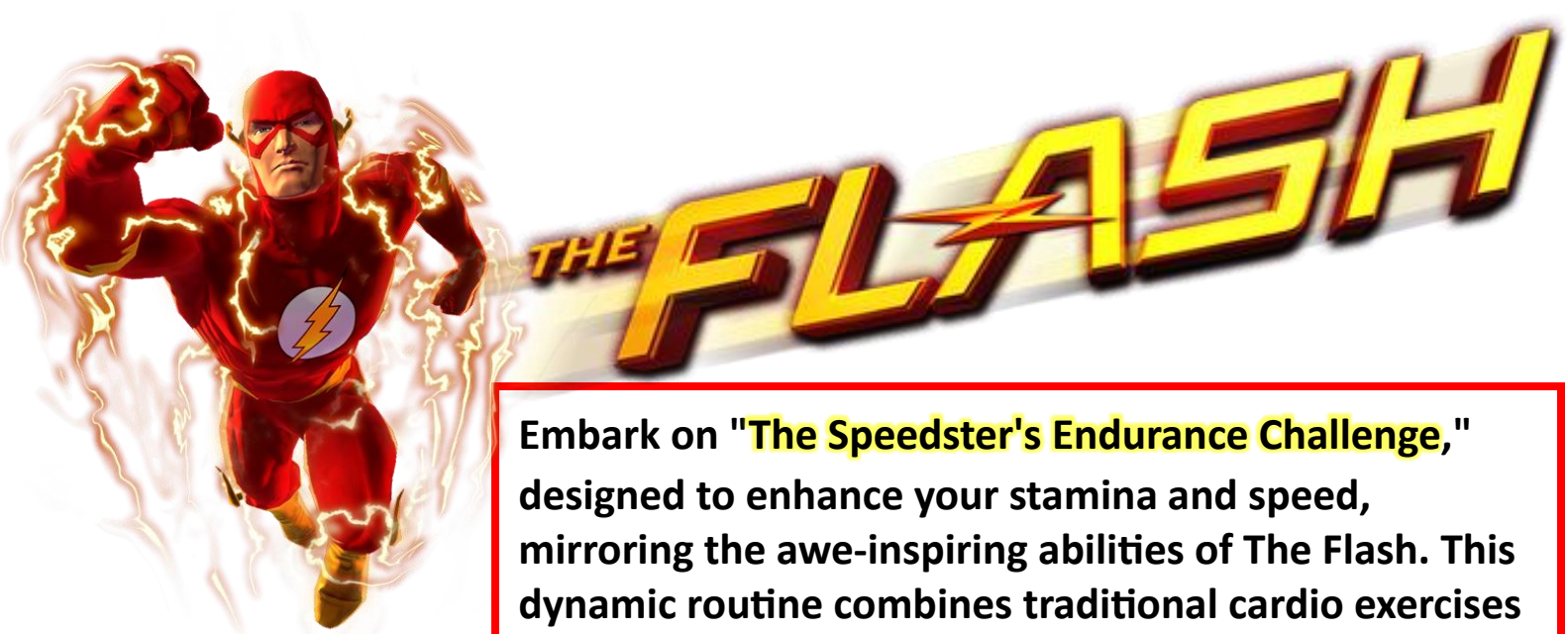
- Lie on your back and perform crunches, envisioning the need for a strong core to navigate through Arkham Asylum's challenges.



6. Gotham City Stealth F/B Lunges: 3 sets of 10 each side

- Perform Forward/Backward lunges while focusing on one leg balance and control, honing the stealth required for patrolling Gotham's shadows.





Embark on "The Speedster's Endurance Challenge," designed to enhance your stamina and speed, mirroring the awe-inspiring abilities of The Flash. This dynamic routine combines traditional cardio exercises with a superhero twist, ensuring an exhilarating experience that boosts your heart rate and improves your overall fitness.

1. **High-Knee Sprints** (3 sets, 30 seconds each)

- Run in place, bringing your knees up to waist level. Focus on speed and try to increase your pace with each set.



2. **Lightning Lunge Jumps** (3 sets, 12 reps each leg)

- Step forward into a lunge, dropping your back knee towards the ground. Explode back to standing, switching legs in mid-air.



3. **Bolt Jump Rope** (3 sets, 1 minute each)

- Go at the pace that is comfortable to you.



4. **Speedster Sit-Ups** (3 sets, 15 reps)

- Traditional sit-ups with a focus on speed and form.



5. **Twisting Mountain Climbers** (3 sets, 30 seconds each)

- Perform mountain climbers, bringing your knee to the opposite elbow for a core twist.



6. **Flash Finisher: Sprint Intervals** (5 sets, 20 seconds sprint/40 seconds walk)

- Sprint on treadmill or outside at maximum effort for 20 seconds. Walk or slowly jog for 40 seconds to recover. Repeat 5 sets in a row.





GREEN ARROW

Welcome to the **Emerald Archer's Precision Workout!** Just like Green Arrow himself, this workout is designed to enhance your strength, agility, and accuracy. Get ready to unleash your inner superhero as we take aim at building a strong and toned physique.

1. Bent-over Rows: 3 sets of 15 reps

- Hinge at the hips, keeping your back flat. Pull the dumbbells up towards your chest, squeezing your shoulder blades together.



2. Reverse Flys: 3 sets of 10 reps

- Hold a pair of dumbbells in front of your thighs with palms facing each other. Keeping a slight bend in your elbows, lift the dumbbells out to the sides.



3. Dumbbell Lunges: 3 sets of 10 reps each side

- Hold a dumbbell in each hand at your sides. Step forward with one leg, bending both knees to lower your body towards the ground.



4. Plank with Shoulder Taps: 3 sets of 20 reps

- Start in a plank position with your hands directly under your shoulders. Tap your left hand to your right shoulder, then other side.



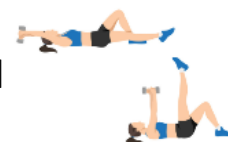
5. Dumbbell Side Lunges: 3 sets of 10 reps each side

- Hold one dumbbell in both hands. Step out to side and bend knee and come back to standing stance.



6. Pullover Leg Lift Crunch: 3 sets of 10 reps each side

- Lie on your back with one knee bent and other leg straight. Lift leg and crunch up with dumbbells.



SUPERMAN



Welcome to "**The Man of Steel Challenge**," designed to push your limits and unleash the strength of Superman within you! Just like the Man of Steel, this routine focuses on building incredible strength, endurance, and agility. Whether you're saving the world or just looking to elevate your fitness, this workout is your secret weapon.

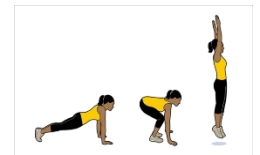
1. **Super Strength Push-Ups- Diamond Push-Ups:** 3 sets of 12 reps
- Focus on upper body strength, mimicking the force of Superman's powerful arms.



2. **Heat Vision Holds - Wall Sit:** 3 sets of 45 seconds
- Build lower body endurance, as if harnessing the energy for Superman's heat vision.



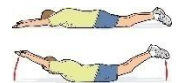
3. **Bulletproof Burpees - Burpees:** 3 sets of 10 reps
- Enhance agility and explosiveness, readying yourself to dodge any obstacle.



4. **Caped Crusader Step ups - Weighted Step Ups:** 3 sets of 10 each leg
- Rapid leg movement to boost cardiovascular endurance, echoing Superman's quick reflexes.



5. **Heroic Hyperextensions - Supermans:** 3 sets of 15 reps
- Strengthen the lower back, crucial for Superman's flight and posture.



6. **Skyward Shoulder Press - Overhead Press:** 3 sets of 10 reps
- Enhance shoulder and arm strength for those high-flying heroics.

