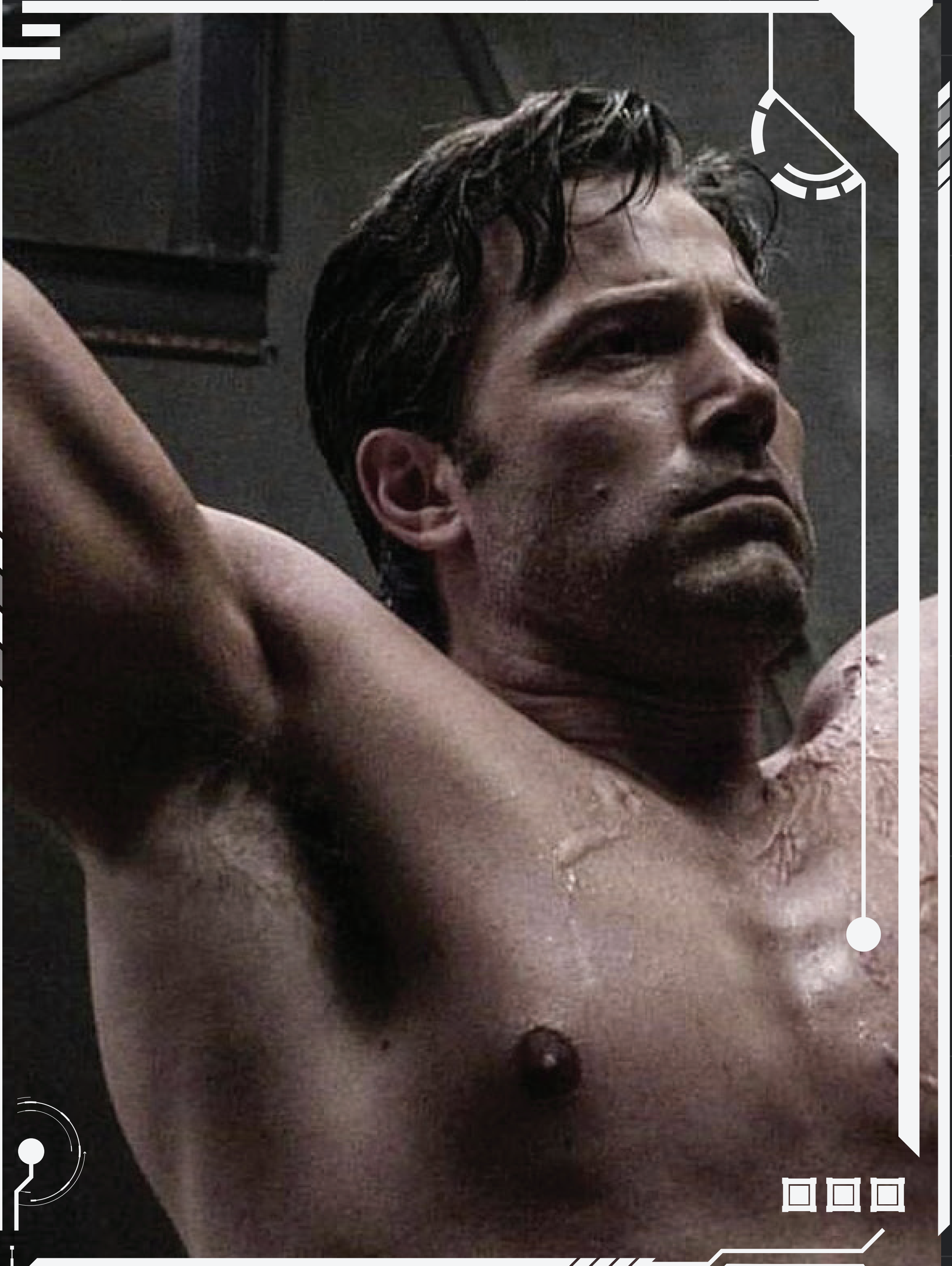


SUPERX



TRAIN LIKE BEN AFFLECK

WITH HIS BATMAN WORKOUT





WORKOUT 1

LEGS, ABS AND LOWER BACK

BY MAGNUS LYGDBACK

1: DUMBBELL FRONT SQUAT: 4 sets of 12 reps

2: BARBELL DEADLIFT:
4 sets of 8 reps

3: BODYWEIGHT DROP SITS: 4 sets of 12 reps each leg

4: BODYWEIGHT SQUAT TO KICK: 4 sets of 10 reps each side

5: LATERAL ROCK HOLLOW: 3 sets of 60 seconds

WORKOUT 2

CHEST AND SHOULDERS

BY MAGNUS LYGDBACK

WARM UP: ASSAULT BIKE:
6 sets of 20/20 (perform 20 seconds as fast as you can then rest for 20 seconds and repeat for 6 total sets)

1: FLAT BARBELL BENCH PRESS: 5 sets of 12/10/8/6/12 reps

2: INCLINE DUMBBELL BENCH PRESS: 4 sets of 12 reps

3: CABLE CHEST FLY:
4 sets of 12 reps

4: SEATED DUMBBELL SHOULDER PRESS
(without back support): 3 sets of 10 reps

COOL DOWN: 4 MINUTES OF STRETCHING

Your abs, shoulders and chest





WORKOUT 3

FULL BODY

BY MAGNUS LYGDBACK

WARM UP

Elliptical for 15 minutes

Foam Roller on Glute and Calfs for 9 minutes

Plank: 60 seconds

Spiderman (from a plank bring your foot to the nearest hand): 3 reps for each side

Inchworm active stretch (From touching your toes with straight legs, walk your hands to a plank then walk your feet back under you): 5 reps

Calf Stretch: 15 seconds each leg

WORKOUT

1: DUMBBELL FARMER

WALK: 4 sets of 1 minute with moderate weight

2: ALTERNATING HANGING

KNEE UP: 11 reps for each leg

3: CABLE ROW:

4 sets of 12 reps each side

4: BACK BRIDGE:

2 sets of 15 second holds

5: ALTERNATING

DUMBBELL REVERSE

LUNGE: 8 reps for each leg

6: PULL-UP:

6 sets of 4 reps (4 seconds up and 4 seconds down)

CIRCUIT

*Do as many rounds of the following exercises as possible in 22 minutes

Bike Sprint 20 seconds

V Grip Pulldown 15 reps

Seated Row Handle Grip 12 reps

Alternating Dumbbell Curl: 5 reps each arm

Goblet Dumbbell Squat: 8 reps

Lateral Squat: 6 reps each side





WORKOUT 4

FULL BODY

BY MAGNUS LYGDBACK

WARM UP

Airdyne or Assault Bike: 15/45 (go as fast as you can for 15 seconds then rest for 45 seconds) for 5 sets and a total of 5 minutes

Foam Roller for Back, hamstrings, quads, glutes for 8 minutes

Stretches for 10 minutes

WORKOUT

1: OBLIQUE SIDE CRUNCH:

8 reps with a hold of 8 seconds on each rep

2: DUMBBELL LATERAL

SIDE RAISE: 4 sets of 12 reps

3: DUMBBELL SHRUG: 5 sets

of 6 reps

4: REAR DELT FLY'S ON

MACHINE: 4 sets of 15 reps

5: TRICEP PUSHDOWN

DROPSET: 4 dropsets 10 heavy reps then 10 more reps at lower weight

6: DUMBBELL DEADLIFT:

4 sets of 6 reps

7: DUMBBELL FLAT

BENCH PRESS: 4 sets of 10 reps

8: PEC DEC MACHINE FLY:

4 sets of 12 reps



SUPERX