

10 CHALLENGES FOR YOUR INNER SUPER HERO

GO FROM 'WANNA BE' SUPER HERO
TO 'SAVING THE PLANET' IN NO TIME!



BY SHAWNA KAMINSKI CPT
AKA THE PULL UP QUEEN

Super Hero Bonus

Are you looking to have super hero powers?

Well, I can't claim that these workouts will give you super hero status, you'll still have your own kryptonite, but you'll feel super human after doing these challenges.

I have ten cool challenges for you. My suggestion is to keep a workout journal. It helps hold you accountable and you won't need to rely on memory to see if you've beaten a personal best.

Remember that the key to challenge workouts is challenging YOURSELF. There'll always be someone out there that beats your weights, score, time, whatever, who cares? Beat yourself! Set a goal, meet it and then beat it.

Let's get on with it....

Disclaimer:

See your physician before starting any exercise or nutrition program. Prior to starting, you should discuss all nutritional changes with your physician or a registered dietician. If you are taking any medications, you must talk to your physician before starting any exercise program. If you experience any lightheadedness, dizziness, or shortness of breath while exercising, stop and consult a physician.

These recommendations are not medical guidelines. This book is for educational purposes only. You must consult your physician prior to starting this program or if you have any medical condition or injury that contraindicates physical activity. This program is designed for healthy individuals 18 years and older only.

All forms of exercise pose some inherent risks. It is advisable that readers to take full responsibility for their safety and know their limits. The exercises and dietary programs in this book are not intended as a substitute for any exercise routine or treatment or dietary regimen that may have been prescribed by your physician.

Don't perform any exercise unless you have been shown the proper technique by a certified personal trainer. Don't perform any exercise without proper instruction. Always do a warm-up prior to your workout session and end with a stretching cool down segment.

Safety First

You will only get positive results from this program if you are performing the exercises correctly. Here are a few tips for you to maximize your results:

1. Check with your doctor before starting any new exercise or diet program.
2. It may be necessary to consult a trainer if you are unsure of how to do any of the exercises. Do NOT do exercises that you don't understand how to do.
3. If something 'hurts' do not do it. You must understand the difference between muscle fatigue and injury. Always error on the side of caution if you feel pain.
4. This program has the potential to be used with those new to fitness as well as those that are very fit. Start off conservatively and increase intensity as you go.
5. We can 'do it all'; however, we may need an extra day of rest between workouts so feel free to take a day of active rest between workouts if you aren't up to the workout. Active rest is an activity that is low intensity calorie burning in nature such as walking.
6. Use proper exercise form and train conservatively in all workouts.
7. Always start with the easier alternative exercises if appropriate, even if you have exercised in the past. The new exercises, and new style of movements will cause muscle soreness even from workouts you think "look easy".
8. Do NOT do interval training more than 4 times per week.
9. Do NOT skip a warm-up, as well, take a few minutes to cool the body down.
10. If you have an injury, get medical attention to rehabilitate your injury before starting an exercise program.

Get Hulk'd

Rep count test: Record the total reps completed during this workout.

Equipment: Gymboss timer needed, boxes for box jump, pull up bar

Exercises:

Burpees (modified burpee, full body extension)

Pull ups (variation: assisted pull ups, TRX rows, DB rows)

Squats

Push ups (modified push up)

Box jumps (squat jumps or squats)

Set the Gymboss timer for 5 rounds of one minute of workout and 5 seconds recovery/transition. Perform each exercise for one minute and transition to the next exercise in the 5 seconds between sets. Complete 3 rounds in total.



Rest one minute between each round of five exercises. (This time can be used to record reps if reps weren't recorded during the set.)

Get Your Superman On Pull Ups Anyone?

Timed set: Record the total time it takes to complete this workout.

Equipment: Timer

Exercises:

Pull ups (assisted pull ups, TRX rows, DB rows)

Box jumps (squat jumps, squats)

The goal of this workout is to get to 10 pull ups and 20 squat jumps (by the 10th set!) using a ladder format. This workout will be timed. Here's the progression:

1 pull up, 2 box jumps

2 pull ups, 4 box jumps

3 pull ups, 6 box jumps

4 pull ups, 8 box jumps

5 pull ups, 10 box jumps

Continue in the pattern until you get to:

10 pull ups, 20 box jumps

Stop the clock.

In reality you'll have done 55 pull ups and 110 box jumps (but who's counting?)
Rest when necessary.

Justice League of America Lucky # Seven

AMRAP set: Count the total rounds completed in 12 minutes.

Equipment: Timer

Exercises:

7 squat jumps (squats)

7 decline push ups (regular or modified push up)

7 (per leg) bicycle crunch

7 (per leg) jumping lunges (reverse lunge)

7 pull ups (assisted pull up)

You will repeat this circuit in AMRAP style for 12 minutes.

Get Jacked Like Thor

Timed test: Record the time it takes to complete this workout.

Equipment: Kettlebell, DB's, timer

Exercises:

KB or DB swing 30 reps

Burpee

Reverse lunge (per leg) with DB's

Decline push up

Squat jumps

Count down 10, 8, 6, 4, 2 reps for each exercise but always do 30 reps of KB or DB swing to start. Rest as little as possible between sets. Time the set. Beat the time next try.

Example:

Set 1

KB or DB swing 30 reps

10 burpee pull ups

10 Alternate lunge (per leg)

10 Decline push up

10 Squat jumps

Rest as little as possible

Continue this pattern until this is your last set:

Set 5

KB or DB swing 30 reps

2 burpee pull up

2 Alternate lunge (per leg)

2 Decline push up

2 Squat jump

Professor X's Up by Five

AMRAP set: Count the total rounds completed in 12 minutes.

Here's another bodyweight workout done in AMRAP style. Rest as little as possible between exercises, record the number of total rounds done.

- 1 – 5 pull ups (or variation like assisted pull up)
- 2 – 10 burpees
- 3 – 15 jumping lunge (per leg) (or reverse lunges)
- 4 – 20 push ups (modified push up)
- 5 – 25 bodyweight squats

Iron Man's 'Don't be a Wussy' Challenge

Timed set: Record the total time it takes to complete this workout.

Equipment: Timer

Let's combine three of my favorite moves done in a count down, count up fashion. Time how long it takes to complete the total test. Obviously, you will rest as little as possible during the test.

Here are the exercises:

burpees 10 to 1 rep

pull up 1 to 10 reps (swap out assisted pull ups, inverted rows, TRX rows if needed)

10 push ups

Here's an example of the first two sets:

1a- 10 burpees

1b – 1 pull up

1c – 10 push ups

2a- 9 burpees

2b – 2 pull ups

2c – 10 push ups

Continue this pattern until this is your last set:

10a – burpee

10b – 10 pull ups

10c – 10 push ups

Overcome Your Kryptonite

Rep count test: Record the total reps completed during this workout.

Equipment: DB's, pull up bar, timer

Exercises:

Plyo push ups 30 sec

Pull ups (assisted pull ups, inverted rows, TRX rows) 30 sec

Renegade rows 30 sec

Burpees 30 sec

Rest 30 sec

Repeat set 5 times.

Save Gotham City

AMRAP set: Count the total rounds completed in 12 minutes.

Equipment: DB's, pull up bar, bench or box, timer

Exercises:

Burpee chin up 10

Bulgarian split squat 10

Bulgarian split squat 10

Burpee pull up 10

Plank hold 30 sec (recovery)

Rest as required.

Spiderman's Count Down

Timed set: Record the total time it takes to complete this workout.

Equipment: DB's, pull up bar, bench or box, timer

Exercises:

Pull ups 8 (assisted pull ups, inverted row, TRX rows)

Jumping lunges 8/leg

Spiderman push ups 8/side

Squat jumps 8

Perform a Descending Ladder with each movement starting at 8 reps. Rest as required, then do sets of 7,6,5,4,3,2,1 reps.

Mr. Fantastic's Rubber Leg Challenge

AMRAP set: Count the total rounds completed in 12 minutes.

Equipment: DB's, pull up bar, timer

Exercises:

Single leg burpee 10/side

Bulgarian split squat with jump 10/side

Bulgarian split squat with jump 10/side

Squat jumps 10

Walking lunge 10 steps each leg

Rest as required.