



Superhero Bulking Program

34% COMPLETE

Getting Started on the Superhero Bulking Program

▶ Welcome! (Start Here) (2:08)

Part 1: The Superhero Physique

📄 Chapter 1: What This Program is All About

📄 Chapter 2: Superhero Specialization Phases

📄 Chapter 3: Superhero Training Protocol

📄 Chapter 4: Superhero Legs

Part 2: The Workout Routines

📄 Chapter 5: Phase 1: Chest and Back Specialization

📄 Chapter 6: Phase 2: Shoulder Specialization

📄 Chapter 7: Phase 3: Arm Specialization

📄 Chapter 8: The Bonus Phase (The Ultimate Superhero)

○ ▶ Workout Video A (10:03)

○ ▶ Workout Video B (13:46)

Part 3: Measuring Progress

○ 📄 Chapter 9: Superhero Physique Standards

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📄 The Thor Physique Workout (Shoulder Press Mastery)

Bonus: The Thor Physique Workout

I'm about to share with you one of the most effective programs I've ever put together. I have seen dramatic strength and muscle gains in the last couple months following this exact program. I've taken my physique and strength to it's absolute best of all time.

This program, of course, follows the core Kinobody philosophies...

- Three workouts per week
- Intermittent fasting
- Reverse pyramid training
- Rest-pause training

The difference is simply the programming, exercises and set/rep setup.



Standards

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maintenance on your training days.

Conversely, you can use the standard superhero bulking strategy.

Last but not least, keep the alcohol to a minimum for maximum results. I'd suggest no more than three or four drinks a few times per week max. Any heavy drinking nights will take it's toll.

The Workout Program

Monday:

- Standing Barbell Press: 2 sets x 4-5, 6-8 reps (reverse pyramid training)
- Incline Dumbbell Bench: 2 sets x 8-10 reps (reverse pyramid training)
- Incline Dumbbell Curls: 3 sets x 6-8 reps (reverse pyramid training)
- Rope Pushdowns: 3 sets x 8-10 reps (reverse pyramid training)
- Rope Hammer Curls: 2 sets x 10-12, 12-15 reps (reverse pyramid training)
- Bent-Over Flyes: 1 set x 15-20 reps + 3 sets x 4-6 reps (rest-pause training)

Wednesday:

- Pistol Squats: 3 sets x 3, 4, 5 reps (reverse pyramid training)



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- Dumbbell Stepups: 2 sets x 6-8 reps (reverse pyramid training)
- Standing Machine Calf Raises: 2 sets x 15-20 reps (straight sets)
- Hanging Leg Raises: 3 sets x 5-15 reps
- Side-to-Side Knee Raises: 2 sets x 10-20 reps per side

Friday:

- Standing Barbell Press: 2 sets x 4-5, 6-8 reps (reverse pyramid training)
- Flat Barbell Bench Press or Weighted Dips: 2 sets x 8-10 reps (reverse pyramid training)
- Weighted Pullups: 2 sets x 6-8 reps (reverse pyramid training)
- Cable Rows or Machine Rows: 3 sets x 8-10 reps (reverse pyramid training)
- Dumbbell Upright Rows: 1 set x 15-20 reps + 3 reps x 4-6 reps (rest-pause training)

Notes:

Monday is like a regular Kinobody workout: Tons of reverse pyramid training. This means that once you get to the top end of the rep range for all