



# Men's Improvement

Helping Men Reach Their Maximum Potential

## The Superman Workout

### **Monday - Workout 1 - Total body workout**

- 2x [Clean](#) + 5x Kettlebell [Squat](#) @ 70% body weight (One combo every 30 seconds for 5 minutes)
- 2x [Two-hand KB Clean and Squat](#) (One combo every 30 seconds for 5 minutes.)
- 100 [Front Squats](#) (Body-weight, break into sets of 25 if you need to)
- 3 sets of 15 reps [Box Step-up](#)
- 3 sets of 15 reps [Deck Squats](#)
- 20x [Frog Hops](#) + 40m [Bear Crawl](#) (Do 4 rounds of this combo, rest 2 minutes between sets)
- 3 sets 20 reps: [Man-Makers \(with dumbbells\)](#)
- 3 sets of 20 reps: [Sit-Ups](#)

### **Monday - Workout 2 - Upper Body Chest / Shoulder Workout**

- Any Cardio Machine 10 minute (warm up)
- 10 more minutes with Rowing machine @ easy Pace (warm up)
- 6 sets of: 10x [Bench Press](#) (alternating arm, with kettlebells)
- 4 sets of: 12x [Military Push Press](#)
- 4 sets of: 12x [Arnold Press](#) (The Henry Cavill workout used alternating, one hand dumbbells)
- 2 sets of: 25x [Squat Assisted Push Press](#)
- 4 sets of: 12x [Hammer Curls](#)

Finish it off with "The Jonestown Sprint:" 45 secs of each exercise. 2 sets of each (perform as a circuit).

- [Plank Push Ups](#)
- [DB OH Hold](#)
- [KB Swings](#)
- [Dead Hangs](#)
- [Ball Slam](#)
- [Wall Sits](#)

### **Tuesday - Workout 1 - Upper Body & Back**

- 20 [Push Press \(Dumbell\)](#)
- 20 [Burpee Pull-up](#)
- 10 [Push Press \(Dumbbell\)](#)
- 12 [Burpee Pull-up](#)
- 10 [Pull-Ups](#)
- 3 sets of 50 [Wall Ball](#) @ 20lb.(9kg. or a medicine ball that challenged you)
- 3 sets of 50 [Ball Slam](#) @ 25lb.(11kg or a medicine ball that challenged you)

If you don't have medicine balls available, substitute with more pullups. But as noted, any crossfit gym will have these.

### **Dirty 30's**

Dirty 30's: (Do following 4 exercises, you have 1 minute to complete each. Find an amount of reps that's challenging for you to do in 50 secs. Then, in the other 2 sets try to continue to get everything done in under a minute. The idea is to reward you, if you move fast, by giving you some rest. But, it gets harder as you go longer. Use remaining time to rest. 3 sets.)

- [Sled Pulls](#) ([0:25 in this Superman workout video](#))
- [Chinups](#)
- [Burpees](#)
- [Situp Medicine Ball Throws](#)

\*\*To do the sled pulls, Henry placed his kettlebells in the sled. You can use rocks or w.e you want, if you have a sled available. Most crossfit gyms have this kind of equipment.

### **Tuesday - workout 2 - Legs**

- 3x5 [Wall Squat](#) (warm up)
- 100x [Squats](#) (bodyweight, break down into sets of 25 if needed)
- 3x5 [Goblet Squat \(while holding kettlebells, see 0:27 of this video for a quick glance\)](#)
- 3x 20 meters [Walking Lunges \(sandbag weighted\)](#)
- 3x20 [Split Jumps](#)
- 2x [Dead Stop Back Squat](#) @ 80% of Max
- 2x [Explosive Triple Broad Jump](#) (Five Sets, Full Rest between each)
- 30sec [Box Jump](#) + 60sec [Explosive Box Step-up](#) (Four Rounds)
- 30sec [Jump Squat](#) +60sec Quick Step (Four Rounds)
- [KB Swings](#) to failure with 50 lb. kettlebell (23kg)
- [Farmer Holds](#), 60-65% of body weight (Five sets, rest 3 minutes between set)

### **Wednesday - Workout 1 - Back & Biceps**

- [Row](#) 5 minutes @ easy pace
- [Row](#) 5 minutes with each minute progressively harder pace.

Barbell or Dumbbell Speed Circuit (with proper form): Do 6 reps of each. Go for as many rounds as possible in 2 minutes. Three sets of 2 minutes, rest 1-2 minutes between sets. Try to beat your time each time, but use proper form:

- [Reverse-grip Bent-over Row](#) +
- [Hi-Pull from floor](#) +
- [Push Press](#) +
- [Upright Row](#) +
- [Front Squat Push Press](#) +
- [Bicep Curl](#)

### **Wednesday - workout 2 - Deadlift workout**

Deadlifts work your legs and back. They also build a strong core. Work your way up to [Deadlift](#) max by doing:

- 4 sets of 4 @65% max
- 2 sets of 2 @75% max
- 1 set of 8 @65% max
- 8x [Heavy KB Lunge](#) (4 each side)

### **Kettlebell Ladders**

- [KB Swings](#) Ladder (10x each @ 25lb/12kg, 35lb/16kg, 45lb/20kg, 50lb/24kg, 70lb/32kg weights)
- [Goblet Squat](#) Ladder (10x each @ 25lb/12kg, 35lb/16kg, 45lb/20kg, 52lb/24kg, 70lb/32kg weights)
- [Back Squat](#) (100 reps @ 50% body weight)
- [KB Push Press](#) Ladder (10x each @ 2 sets 25lb/12kg, 2 sets 35lb/16kg, 2 sets 45lb/20kg, 2 sets 50lb/24kg)
- 50-50-50x [Wall Ball](#) @ 20lb. (9kg. medicine ball)
- 50-50-50 [Ball Slam](#) @ 25lb. (11kg. medicine ball)

The ladders in the Henry Cavill workouts challenge you by combining olympic lifts with metabolic activity. This is really the signature of Gym Jones workouts. You work yourself to the brink at both an aerobic and anaerobic level. Add in the fact that it's a functional workout, and now you know why Mark Twight is *the* person to go to for a superhero workout.

### **Thursday - Workout 1 - Upper Body**

- 25 [Pushups](#) into 30 [Side Plank](#) (3 sets)
- [Military Push Press](#) x20 @40% body weight
- 4 sets of: 12x [Arnold Press](#) (The Henry Cavill workout used alternating, one hand dumbbells)
- 2 sets of: 25x [Squat Assisted Push Press](#)
- 3 sets of 20 reps: [Man-Makers \(with dumbbells\)](#)
- 3x (1-5 reps) [Pull-Ups](#) Ladder (Ladder means you start with 1 set of 1, then 1 set of 2 reps, etc. up to 5.

Then com back down from 5 reps all the way to 1 rep.)

- [Dead Hangs](#) (break it up if you need, go for 300 seconds total, link is to Mark Twight, Superman workout trainer, explaining the dead hangs exercise.)

### **Dirty 30's**

Dirty 30's: (Do following 4 exercises, you have 1 minute to complete each. Find an amount of reps that's challenging for you to do in 50 secs. Then, in the other 2 sets try to continue to get everything done in under a minute. The idea is to reward you, if you move fast, by giving you time to rest. But, it gets harder to it all in under a minute as you go longer. Use remaining time to rest. 3 sets.)

- [Sled Pulls](#)
- [Chinups](#)
- [Burpees](#)
- [Situp Medicine Ball Throws](#)

### **Thursday - Workout 2 - Legs**

- 3x5 [Wall Squat](#) (warm-up)
- 100 [Front Squats](#) (Body-weight)
- 3x5 [Goblet Squat](#) (kettlebell)
- 3x20m [Walking Lunges](#) (weighted with sandbag)
- 3x20 [Split Jumps](#)
- 2x [Dead Stop Back Squat](#) @ 80% of Max
- 2x [Explosive Triple Broad Jump](#) (Five Sets, Full Rest between each)
- 30sec [Box Jump](#) + 60sec [Explosive Box Step-up](#) (Four Rounds)
- 30sec [Jump Squat](#) +60sec Quick Step (Four Rounds)
- [KB Swings](#) to failure with 50 lb. kettlebell (23kg)
- [Farmer Holds](#), 60-65% of body weight (Five sets, rest 3-5 minutes between set)

### **Friday - Workout 1 - Upper Body**

- 10 minute Rowing machine (warm up)
- 6 sets of: 10x [Bench Press](#) (alternating arm, with kettlebells if you can)
- 4 sets of: 12x [Military Push Press](#)

(Rest 2-3 minutes), then 3 circuits of the following exercises: Do 45 secs of each exercise.

- [Man-Makers \(with dumbbells\)](#)
- [Arnold Press](#) (The Henry Cavill workout used alternating, one hand dumbbells)
- [Squat Assisted Push Press](#)
- [Hammer Curls](#)

(Rest 2-3 mins), then 1 min rowing machine at a fast pace, heavy resistance.

## Tailpipe Workout

This workout is called “Tailpipe” because when you're done, you feel like you're sucking on a “Tailpipe” of a vehicle. Sounds fun right.

250m Rowing Machine as fast as you can go, heavy resistance.

[Kettlebell Rack Hold](#) with 53kg. ([Video shows Mark Twight showing the Tailpipe workout](#))

What Mark Twight likes to do is have people partner up. So, Henry Cavill will do the 250m rowing, while his trainer is holding the kettlebell. Then, Henry Cavill and his trainer, Mark Twight, switch places. Finally, repeat each for a total of 3 sets of each exercise.

## Friday - Workout 2 - “Sparrow’s Dozen”

### 12 total rounds of exercises below for “Sparrows Dozen”

- 12x [Deadlift](#) @ Bodyweight (however much you weigh, or can do 12 times)
- 12x [Pullup](#)
- 12x [Pushup](#)
- 12x [Medicine ball slams](#)

You may not get all 12 rounds to start. Do as many as you can to start. Perfect your form, then worry about getting in the entire amount of reps of the workout. Now that you're done with Sparrows Dozen, do 60 reps of each (Break down into 3 sets of 20 if you need):

- 60 [Sit-Ups](#)
- 60 [V-Ups](#)
- 60 [Reverse Crunches](#)

## Saturday - Workout 1 - Cardio/Legs

Do Five rounds of the Legs Circuit (1st 5 exercises), then finish with the burpees/crawls routine.

- 3×20 [Air Squat](#)
- 3×10 [Jump Squat](#)
- 3×5 [Goblet Squat](#) (kettlebell)
- 100 [Front Squats](#) (take a rest if you need)
  
- 3 sets of 15 reps [Box Step-up](#)
- 3 sets of 15 reps [Deck Squats](#)
- 20 [Split Jump](#) (10 each side) + 50m [Bear Crawl](#) (Weighted)
- (Rest 2 minutes)
- 20 [Burpee](#) + 30m [Bear Crawl](#) (3 rounds of this combo)

## Saturday - Workout 2 - Upper body

Do three total rounds - 60sec at each of the following stations with 30sec rest to switch between each:

- [Bench Press](#) (alternating arm, with kettlebells)
- [Resisted Rope Pull](#)
- [Slosh Pipe Hold OH](#)
- [Resisted Rope Pull](#)
- [Arnold Press](#) (The Henry Cavill workout used alternating, one hand dumbbells)
- [Barbell Corner Row](#)
- [Parallette Push-up](#)
- [Sit-ups](#)

Finish the Superman workout with:

- 10x reps [Shoulder Dislocate](#)
- (1-5) [Pull-Ups](#) Ladder (Henry Cavill used rings instead of a normal Pull Up bar. Ladder means you start with 1 set of 1 rep, then 1 set of 2 reps...etc. up to 5. Then, go from 5 reps all the way back down to one rep of the exercise.)