



SUPER HERO FAT LOSS

TRAINING MANUAL

LET'S START WITH SOME LEGAL STUFF SO YOU CAN'T SUE US!

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AND SOME MORE LEGAL STUFF SO COMIC COMPANIES (HOPEFULLY) CAN'T SUE US!

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BATMAN, ROBIN, DICK GRAYSON, BRUCE WAYNE, NIGHTWING, THE JOKER, THE GREEN LANTERN, THE GREEN ARROW, OLIVER QUEEN, THE JUSTICE LEAGUE, AND SUPERMAN **ARE TRADEMARK PROPERTIES OF DC COMICS.**

INTRODUCTION

WHAT YOU'RE AFTER, AND HOW (AND WHY) TO GET IT:

***A BRIEF DISCUSSION OF PHYSIQUE
& PHILOSOPHY***

Physique—Defining and Attaining *THE "LOOK."*

Welcome to Summer.

Feels good, doesn't it? The heat. The sweat. The half-naked bodies. The beach. The lake. The parties. The movies. But we'll get to all that. First thing's first.

Like many people, when the summer rolls around, the goals of most of my clients shift towards dropping fat and looking better with less clothing. That's not unusual, of course—in the summer, people want to be lean for pool parties, beach days and the occasional bar-be-que. And so, like everyone else, in the summer, when it comes to fitness, we're predominantly interested in fat loss; however, we are also *incredibly* interested in **SUPER HEROES**.

It's obvious, we think, why those two things could be related, but in the interest of clarity, let's just put out there: while, summer itself has inspired people to get lean, for the past 10 years or so, summer has brought with it another source of another source of inspiration to get into great shape: **SUPER HERO** movies.

From the time Hugh Jackman first stepped on screen as a ripped Wolverine, every summer has graced us with another **SUPER HERO** movie to look forward to, and another impressive physique to gawk at.



To guys like us—guys who are half muscle-enthusiast, half nerd—those movies, in addition to being generally awesome and highly entertaining, are both inspiration and incredibly satisfying.

Seeing the way muscle culture has embraced nerd culture (and vice versa) is

always fantastic for us; movies based on comic books starring actors with great physiques is something that excites and motivates us.

And that very junction, the confluence of those two aspects of our personalities and interests, is exactly what inspired us to sit down and create the program you are now reading.

It's why this summer is better than most summers; because this summer, in addition to some great times at the beach and some great movies, we get bring our love of training and comics together in one package.

In other words, we get to be geeks as well as trainers, and release this program, **SUPER HERO FAT LOSS**, which is very clearly intended to help you get lean and develop a body like the ones you see on screen, a body inspired by those you see in the comics.

The goal, the reason it this book was written, the very reason it even exists, is to make you look and perform like a **SUPER HERO**. Or, more accurately, to look like a **SUPER HERO** as defined by Hollywood, and perform like a **SUPER HERO** in the comics.

Given the popularity of these types of movies, especially now, we think it makes the most sense to start there. If, on some level, we can consider the desire to

IN SHORT: THE “LOOK” MEANS HAVING A BODY THAT IS LEAN, DENSE, AND ATHLETIC LOOKING.

look like a **SUPER HERO** a trend, then we must credit the films for it’s rise; because, like many trends, it all starts in Hollywood.

And so it is in Hollywood that we begin our discussion; partially of the films themselves, but more so the actors who are chosen to star in them, and the general look of the physiques needed to carry the role.

The actors starring film adaptations have gotten *enormous* amounts of media attention or their bodies.

That much is clear—but what is slightly less clear is *why*?

What is it about the appearance of Chris Hemsworth’s *Thor*, Chris Evans’ *Captain America*, or Ryan Reynolds’ *Green Lantern* that gains so much notice?

It’s not like people haven’t seen a leading role in shape before.

But this isn’t the same as when Brad Pitt flashed some abs in *Fight Club*, or when Vin Diesel sported a sleeveless shirt in... well, every movie he’s been in.

The reaction to the physique in **SUPER HERO** movies is distinctive and unique. Because the truth is, it’s not about just being “in shape”—there is a *certain*



SUPER HERO FAT LOSS

aesthetic that **demands** this kind of attention.

For men, the “look” is comprised of strong, broad shoulders and a wide back that compliments a lean waist.

From this powerful torso spring well-developed legs that are muscular enough to balance out the upper body, but still capable of fitting into a suit, or, perhaps even the occasional Star-Spangled unitard.

This body is finished off powerful looking arms that enhance the look with a certain *completion*, rather than throw off balance by being oversized.

IN SHORT: THE “LOOK” MEANS BEING SHAPELY AND STRONG, AND HAVING A BODY THAT EMBRACES ATHLETICISM WITHOUT SACRIFICING FEMININITY

As a man, when you sport a **SUPER HERO** body, you can don a comfortable-fitting shirt and everyone will know that you’re in great shape without looking like a show-off or a meathead. Or, if you prefer, dress your physique down and maintain your carefully guarded secret identity.

It’s really know different for women; and by that we mean both women in general, and women who appear on screen.

Scarlett Johansson’s turn as the beautiful, bad-ass bounty hunter Black Widow in *the Avengers* required the hallmark body of a **SUPER HERO**. Anne Hathaway sports this look for her role as Selina Kyle—aka Catwoman—in the *Dark Knight Rises*.

Not surprisingly, the result is that during the lead up to each of these films, these women are discussed as much for the shape they were in than for their on-screen skill.

For women, it's about strong but slender shoulders flowing into a tight waist that sits on top of a firm, well-developed backside. It's about a lean body, with a muscular back that loses none of its femininity, allowing you to wear any dress you could ever think of as easily as a leather catsuit.

The look includes strong, sexy thighs—they aren't bulky or oversized, but neither are they weak and waify, having wasted away from too many hours on a treadmill. The look is about shapely calves that can be used for kicking a ball, or kicking ass, or just looking amazing in a pair of heels.

As a woman, your **SUPER HERO** body (and booty) will look fantastic in a pair of jeans, and your athletic aesthetic makes any t-shirt hug you like it was made for your body. You'll look equally sexy in a sundress or a pair of dress pants, and, should you decide hide your powers, simply steal your boyfriend or husbands favorite pair of sweats. (Don't lie. You've done this.)

For either sex, it's sexy. Even though the appearance of men and women is radically different, there is a certain look that a body needs to have to portray a **SUPER HERO** who can kick-ass and save the day.

Of course, there's an above average level muscularity, and even obvious in clothing. But even the *muscle itself* is different. It's not awkward or out of place, but perfectly suited and symmetrical. The muscle on a **SUPER HERO** body is not big and soft, but rather dense and hard, showing that it's not just about time under the iron—it's about time well spent.

To the uninformed, the **SUPER HERO's** exterior can be either immediately impressive, or completely unassuming depending on wardrobe—but this

physique always looks good in clothes, whether dressed up in a suit or wearing casual attire. You might not know this from seeing such a body in a winter coat, but rest assured, the **HERO** is stronger and more powerful than they look. This is evident in the gym, a flag football game, or in the event of an emergency that calls upon physical prowess. For women, it's evident in the way you never need a man's help, or how your husband asks YOU to open pickle jars.

Lastly, the body looks as great naked as it does in clothes; it's the type of body that peers view with jealousy and prospective hook-ups stare at with longing. He—or she—who possesses the powerful **SUPER HERO** body looks more like a Greek (ahem) *Roman* statue, fitness model or an Olympic athlete than like a giant mass of muscle.

These are the *true* hallmarks of a physique that is inspired by **HEROES**; a physique that looks like it could have jumped right out from the silver screen, or from the pages of a comic book—and it is from those books that we have drawn inspiration for the various phases of this training program.

Something to consider here is that we are about more than just looks; we don't just want you to be able to *wear* whatever you want—we want you to be **DO** whatever you want.

We want you to *perform* like a **SUPER HERO**. And we think society is finally ready to appreciate you for being able to do that.

You see, performance is making a huge *comeback*; the increased popularity of everything from Crossfit to challenge races like Tough Mudders, Warrior Dashes and Mud Runs makes it absolutely clear that there is a culture shift towards athleticism.

Of course, as a culture, we are never going focus solely on performance—there's also a huge *aesthetic* component. In addition being able to kick ass and take names, we want to *look* like we can kick ass and take names.

And that's the most amazing thing about **SUPER HERO FAT LOSS**: with this program, you'll get the best of both worlds; the best of *all* possible worlds.

You're going to have a lithe, lean, athletic look, you will also be lithe, lean and athletic. You'll be able to see a good bit of muscle, but also a sinewy leanness compounded with a density built as much from athletic feats as it is from time in the weight room.

You'll look the part, and can play the part.

Get your cape and cowl, kids.

Philosophy – *HEROES AREN'T BORN THEY'RE MADE (On Purpose, and **With Purpose)***

"The path to your **SUPER HERO** destiny *doesn't* start with the body—it begins with your mind. Heroes understand the difference between dedication and motivation, and use that to power their passion. The person that is dedicated to their purpose rarely has to seek the motivation to meet their goals. Those who say "I just can't get motivated," actually have issues with dedication.

Motivation is the short-term solution. Dedication will get you the body that is far beyond what you ever thought possible. Attach your fitness goals to a higher purpose and you'll find that you simply do the things that will bring you to your goals without even thinking about them.

But that's only one component. There's another that relates back to having the proper mindset and its relation to your goals: you *must* understand the difference between "training" and "working out." A workout is a general description of exercise that can mean any number of things from lifting weights, doing yoga, to

moving furniture or spinning in circles. For our purposes, it's too generic of an expression.

Training, on the other hand, implies a *purpose*; a plan, and **a specific outcome that we are seeking**.

When you go into the gym, you need to have a plan that you execute which makes you better each and every time brings you closer to your goals. When you walk into the gym, you should never ask your training partner, "So what do you want to work today?"

This is one reason that we look to **SUPER HEROES** to inspire us for the purposes of this program. These heroes have dedication and motivation in spades. Bruce Wayne doesn't even *think* about missing training sessions. Oliver Queen (the Green Arrow) *never* skips out on archery practice.

Wanting to look great for a beach barbeque over the summer is a good short-term goal, but it will only carry you through until you've met that goal. After that, then what? Any **SUPER HERO** in comics or in film has a dedicated purpose to their life and a belief that is deeply connected into their own self-image. Most of their stories are based upon a life of suffering and deprivation aimed at fulfilling their purpose.

We're not suggesting that on some level looking better isn't a worthy goal (*there's no one in the world who believes that more than Roman*); but really, looking good is worthwhile because it makes you feel good, and that allows you to enjoy your life more. And when you do that, you are a more effective member of society.

We're also not suggesting moving into an ice-lair and abstaining from all social interaction during the duration of the program, but having a greater purpose makes the big and the small obstacles much easier to overcome.

The mindset of the **SUPER HERO** finds greater purpose in the pursuit of a better body. Therefore, we suggest that during your time on **SUPER HERO FAT LOSS**, you try to do something “good” each day. Every day, don’t just dedicate yourself to your training and nutrition—dedicate yourself to taking 5 minutes and doing something good.

Some of you will undoubtedly eat less food while on the program—perhaps take some of the money you’re not spending on junk, and donate a small amount of money to charity. Or, when your clothes no longer fit because you’re rockin’ a hot new bod, donate the cast-offs. Rescue cats from trees, help old ladies cross the street, and say “THANK YOU” when you see a veteran.

Oh, and if you see one of those kids in the parking lot selling candy bars to help their teams pay for jerseys, can you PLEASE just buy one? Because I used to have to do that when I played spots, and it SUCKED. Seriously. Buy one. (Roman).

Finally, would it kill you to recycle? C’mon, man, it’s definitely heroic.

Okay, okay, enough kidding. The point is that those who end up in awesome shape and those who *stay* that way have a set of ideals and beliefs that tie into their character in such a way that there is no other option but to succeed. It’s the true **SUPER HERO** mindset.

So, don’t just *look* like a **SUPER HERO**. Act like one.

THE OBLIGATORY ORIGIN STORY

OR, "WHY WE DECIDED TO WRITE THIS BOOK"

The book you are now reading is the second of it's kind. **SUPER HERO FAT LOSS** sprang from a program called Super Hero Fat Loss, which, to date, has helped thousands of people in over 85 countries get bigger, stronger, and more heroic.

SUPER HERO FAT LOSS has a very similar goal as the original: to help you develop a **SUPER HERO** body. However, whereas the first **SUPER HERO** program was intended more for muscle building, this one takes a different approach: leanness. Or, to quote the tagline, *build a body that can fight crime, thwart evil, and burn fat with super human speed.*

The next evolution of **SUPER HERO** training, this program was written as a sort of *prequel* to that one—at least in the training context. In other words, we feel that most people should do this program should first, in order to get those most out of both of them.

Now, while **SUPER HERO FAT LOSS** obviously focuses on burning fat and helping you get leaner, it's important to not that the program is designed in a way that will also allow for enhancing performance through a number of different mechanisms...but we'll get to that in a bit.

Before we get into all of that, we think it best to give you an idea of how all of this came to be. The origin story, if you will.

As is often the case with these things, the best way to start this is probably with the classic line, *“it’s kind of a funny story...”*

Well, in fact, it’s two stories that happen to be startlingly similar.

Growing up, we (that is, both of your humble authors) loved comics, and the heroes in them. In fact, we probably enjoyed them more than most other young boys—simply because of location.

Living in New York and reading comics, it’s hard NOT to picture yourself IN them. Whether you call it “Gotham” or “Metropolis” or “Star City” – the fact is that NYC serves as the backdrop for nearly every major comic book character in the world.

Given that, like most young boys, we both wished we could BE the **SUPER HEROES** from the comic books. Unfortunately, we couldn’t. This realization was painful. The next best thing would be to look like them. Again, unfortunately, we didn’t. This realization was also painful.

So, no, for a time, neither of us looked like a **SUPER HERO**; in fact, we both grew up chubby kids who didn’t get into shape until their teenaged years (Matt at 14, and Roman at 19).

The cool thing was that during our respective transformations, both of us were able to draw constant inspiration from the bodies of the **HEROES** we admired. Years later, **SUPER HERO** movies began to be popular, and we have been similarly inspired—in a fan-boy kinda way—by the physiques of the actors portraying those heroes.

In a completely ***different*** way, we've been able to draw a lot of professional inspiration as trainers from the transformations that actors have undergone to achieve "the look."

In some cases, the change is so remarkable that the actors have been accused of using steroids.

WELL, WE KNOW BETTER.

We know what it takes to take a guy like Chris Hemsworth from being "in good shape" to something else entirely.



***ROMAN DOING HIS BEST
"CLARK KENT CHANGING INTO
SUPERMAN IMPRESSION.
(OR, JUST TAKING HIS SHIRT
OFF IN SLOW MOTION. YOUR
CALL.)***



BEFORE & AFTER OF CHRIS HEMSWORTH, BETTER KNOWN AS THOR, AFTER COMPLETING A PROGRAM VERY MUCH LIKE THE ONE YOU ARE ABOUT TO BEGIN

It just so happens that ONE of your authors (Mr. Matt McGorry) has trained a number of actors for films, including a few **SUPER HERO** films.

Roman, on the other hand, has trained models who have gone on to serve as the body-image model for CGI characters in video games.

All of which is to say—that the decision to write **SUPER HERO FAT LOSS** came very easily to us, because we have first-hand experience building REAL **SUPER HEROES**. When you factor in our geeky love of the subject matter, as well as our expertise with regard to training nearly every conceivable type of client...this was a match made in heaven.

Add to that the frequency with which we get questions like the following:

- “How do I get abs like Ryan Reynolds in *Green Lantern*?”
- “How do I get a chest like Chris Evans in *Captain America*?”
- “How do I get shoulders like Jessica Biel in *Blade*?”

- “How do I get arms like Hugh Jackman in *X-Men*?”

...and it's not hard to see why we thought there was a need for a program like this when we're sitting on the answers. Our goal is to **give** you those answers, so that you can use them as we've used them, and do with them what we've done: achieve the **SUPER HERO** body.

And it's important that you realize that we *have* done it. By way of demonstration, on the left, you see a picture of Roman.

We'd like you to take a look at that picture. Really appreciate it—and appreciate the very real truth Roman didn't always look like that. He didn't grow up with lean, defined abs or a powerful chest to sit on top of them. Instead, he grew up a chubby kid with asthma and deep love for comic books.

As you can see, most of that's changed. Roman is no longer a kid, no longer chubby, and no longer has asthma. He *does* still love comics...and love, in part, is why the other things have changed so dramatically. Roman's quest to look like a **SUPER HERO** led him on the path that led to this book.

We show you this picture and tell you these things **not** to impress you, but rather to impress *upon* you one simple fact: we **know**.

Because that's the truth; we know how to do it, and we know what it takes—both for our clients, and for ourselves. And that knowledge has been distilled into this book—which is why we are so happy you have it, because that's what we want for you.

SUPER HERO FAT LOSS is a 12-week program engineered to be kryptonite to your fat cells—but it's more than just fat loss. As mentioned, you won't just *look* the part of a **SUPER HERO**. Because of the structure, at the end of the program... you'll be able to *perform* like one.

In addition to helping you bring your waist size down, it will bring out your abs, help create dense muscle definition...while increasing endurance, strength, speed and power.

In just 12 weeks, you'll get leaner and more athletic, creating a physique that looks and performs like it just jumped out of the pages of a comic book.

So get ready—because in just 12 short weeks, you're going to have to stop yourself from fighting crime in your underwear.

-Roman & Matt

Oh, and PS...

IF YOU NEEDED FURTHER CONVINCING, GUYS WHO ARE BUILT LIKE SUPER HEROES GET ALL THE GIRLS.

EVIDENCE ON THE NEXT PAGE...



SEE? SUPER HEROES GET THE GIRL. OR, IF YOU'RE A GIRL, YOU GET THE GUY WITH THE ADAMANTIUM CLAWS. OKAY, WE CAN'T BACK THAT UP WITH SCIENCE OR ANYTHING...WE JUST REALLY LIKE THIS PICTURE.

In any event – we're now done with theory. Time to move on to practice. If you're ready to lose fat like a **SUPER HERO**, turn to the next page, where the program begins.

WHY DOES SUPERHERO FAT LOSS WORK?

In order to understand why this program is so effective, you must first understand why most programs aren't. If you can avoid the things that make others fail, it's much easier to succeed, right?

The trick, simply, is to *avoid* the mistakes that most people make. If you can manage to avoid some of the more common mistakes, I *guarantee* you'll see your progress skyrocket.

And one of the biggest mistakes, ***by far*** is a phenomenon known as *program hopping*—which is when clients move from program to program to program, often without even finishing them. Even when they DO finish a program, these *hoppers* don't really think about the overall structure of their training as a whole, and move to whichever program seems cool at the moment.

As you can probably guess from the tone of the assessment, we don't think highly of this; in fact we consider it to be **the number one** mistake that is holding people back in their training.

Now, let us just say that we completely understand the desire here: you want muscle, so you do a muscle building program; then you want fat loss, so you do a fat loss program. From a logical perspective, that does make a great deal of sense and things SHOULD go well.

***Regrettably*, logic and physiology don't always play nicely together.**

Here's the problem: when you jump from program to program, these training methods often vary from each to a *very* significant degree. Of course, on occasion, that works out well, and the "change" in stimulus can lead to increased

metabolic disturbance and force an adaptation—which means can lose fat, gain muscle, or both. Unfortunately for us all, that's not usually the case.

You see, your body is a tricky organism, and while **variety** *definitely* has its place, it's only TRULY effective if you structure that variety in a way that allows these programs to build off of each other. The truth is that in most cases, it's the ***opposite*** that occurs.

For example, if you perform a muscle-building program that utilizes very low reps, you'll increase strength in that rep range (and, assuming volume is high enough, you'll gain mass). However, your strength endurance will drop—meaning, your ability to train effectively with high reps decreases.

After that program, you jump onto a fat loss program, and most of those programs require you to train with high reps; *however*, your body is now *deconditioned* with regard to such training. In order to do the program, you have to lighten your weights considerably. So, yes, you'll burn some fat, but you'll *also* get **weaker**.

After that, maybe you want more muscle...but now the problem is that your weak (er), so you have to focus on strength as well as muscle. Not the worst thing in the world, sure, but it slows your progress down substantially.

You can see where we're going with this. People seem to put a lot of thought (hopefully) into the program they choose—but all that consideration won't mean much if you don't put as much thought into the ORDER in which you perform those programs.

In the strength-training world, we refer to a concept known as "*periodization*."



This is a term that refers to setting up your training into specific blocks of time (or periods), with each period focusing on a specific fitness quality. The goal is to *periodize* in a way which allows the qualities you develop to build upon one another, creating a system where each period is more effective because of the ones that came before—this is known as "**progressive programming.**"

If you set up your programming in the right way, you're consistently making progress, because each week you'll be utilizing qualities developed the week prior to that. Contrast this with the example given above, where you're consistently trying to play "catch-up" just to regain what you lost during a previous program or period.

Instead of a series of two-steps-forward-one-step-back cycles, you're making consistent, forward and direct strides towards your goal.

This is one of the founding principles upon which this program is based.

You see, **SUPER HERO FAT LOSS** isn't just a 12-week program—it's a *phasic* program. The 12 weeks have been broken into three phases, and each phase focuses on a different quality, as we discussed above. All of the phases are designed for fat loss, but approach and encourage that via a difference mechanism; this allows them to work first separately, and then in concert with one another. To give you some insight into why that's so effective, let's quickly walk you through how your body will react when you perform that program.

During **Phase One**, you'll get *considerably* stronger; however, because of the structure of the workouts, you're going to lose fat and gain a bit of muscle. This occurs because you're doing hybrid workouts that have a strength component with heavy weights early in the session, and finish with some metabolic work, like complexes. During the four weeks of **Phase One**, you'll always be challenging yourself and building strength, but never pushing too far to inhibit recovery from the fat burning metabolic aspects.

During **Phase Two**, your focus is eliciting an increase in muscular endurance while burning fat. This is accomplished through the use of density training, where

progression from week to week is based on doing more work in less time. Because of **Phase One**, you're now **a lot stronger** and more explosive; this allows you to use heavier weights during the fat-burning density workouts of **Phase Two**...which in turn means you'll be burning more fat and increasing strength endurance. In addition, the density based design of the workouts themselves allows you to maintain a high level of absolute strength.

From there, you move on to **Phase Three**. This phase brings in both the strength-building aspects from **Phase One** and the endurance-enhancing aspects **Phase Two**, continuing to cultivate both power and stamina, while adding in workouts containing elements that develop speed. The design of **Phase Three** requires you to call on each one of these qualities one day per week each—so during that phase, you'll continue to increase strength, burn even more fat, and build more muscle, **specifically** because your body has become more efficient (and proficient) at each one.

That's the power of periodization and progressive programming—it creates a system wherein the whole is greater than the sum of its parts; the result is that each part of your training will benefit from everything else you've done prior.

Periodization and progression are worked into every program we design, and that's especially true with **SUPER HERO FAT LOSS**—and that's why it's so effective. Now that you've got an understanding of programming, let's get into the phases themselves.

SUPERHERO FAT LOSS

PHASE ONE POWERFUL FAT LOSS (FUELED BY GODS)!

Weeks 1-4

PHASE ONE of **THE SUPERHERO WORKOUT** is going to start with a **bang**. We're talking thunder, lightning, and some serious power ...because **Phase One** is *all about* using Power and Strength to facilitate fat loss.

You see, draws it's some very powerful!) who have been Super Strength. anyone who's weight will tell to get getting stronger part of the goal.



PHASE ONE inspiration from popular (and super heroes gifted with Of course, as ever lifted a you, if you want shredded, should *always*

And in the spirit of two of the biggest Super hero blockbusters, **PHASE ONE** is intended to help you develop the leanness of Chris Evans or Chris Hemsworth, while developing the power and strength that is the hallmark of the characters they play.

Moreover, we are looking not just to the actors, NOT just to the movies, but to the

heroes themselves—because it's from those heroes that **PHASE ONE** draws its inspiration.

And it's not hard to see why.

Seriously, if you're talking about **POWER**, look no further than the God of Thunder—he's well known for whipping **Mjolnir** (to you non-nerds, we're talking about his heavy-ass hammer) through his foes with crushing speed and even splitting the Earth with it when necessary.

One important point we need to make: remember, every **Phase** of **SUPER HERO FAT LOSS** will build, in part, on the **Phases** that preceded it—and so in many ways, **PHASE ONE** is the most important. These three weeks really focus on developing a strong base of power and strength, upon which everything else will be built.

Got it? Okay, good—back to **PHASE ONE**.

We know that strength and power truly compliment each other well; and once you understand each of them separately, it's easy to see how they work together.

Without getting too bogged down in the minutia of concepts you are probably familiar with, a good definition of **STRENGTH** is the ability to produce force.

POWER, on the other hand, is the ability to produce force *quickly*.

While they *are* related, they function somewhat independently of one another, which means that increasing your strength *doesn't* automatically make you more powerful, and increasing power *doesn't* necessarily make you stronger.

If you focus *only* on **STRENGTH**, certainly, the amount of force you can generate will increase; however, the speed at which you can "access" it will *not*—which has obvious limitations for everything from athletics to crime-fighting to performance in the gym.

Similarly, focusing exclusively on workouts to increase your **POWER** will allow you to generate force more quickly—but the maximum amount of force you can generate will *not* increase as much as you'd like.

Of course, the solution is to focus on developing these qualities concurrently.

To help you visualize, imagine trying to put a spike into a railroad track. The first step is picking up the hammer and being able to wield it, but you also have to be able to swing it with crushing speed.

To do this, we're going to turn the clock back and employ the most time-tested movements, as classic as the mythology surrounding our Norse hero.

We are going to hammer in (pun *way* intended) both the ability to produce high levels of force and to do it quickly; the latter is where the complexes come in especially handy. Olympic lifting variations like cleans and snatches are the *perfect* expression of this; these power movements are **combined** with traditional strength exercises and *limited* rest periods in order to challenge you into producing a high power input while fatigued.

Put into practical terms, we want you to be able to produce wrecking blows tirelessly, not just be a one-hitter. And that's what the four workouts in **PHASE ONE** will accomplish.

Obviously, doing this with little recovery is going to lead to fat loss, given that the overall metabolic effect is going to be exceptional. Add to a caloric deficit, and you have a recipe for extreme fat loss.

Within the context of **PHASE ONE**, workouts Two and Four are designed to make you produce force *quickly*, whereas workouts One and Three **will work on the other side of the equation.**

Overall, these workouts will magnify your overall *force*/strength output and

functional muscle levels so that you can actually produce that high level of force to begin with. To accomplish this, these workouts are constructed from the most basic foundations of strength training; bilateral movements that can be trained heavy and hard.

The heavier grinding workouts and the lighter speed based ones are the perfect compliment to one another and go together like peanut butter and jelly or lightning and thun...well, you get the point.

This will get you to produce a higher level of force (lift big weights), be able to do it faster...and then *keep* doing it. Prepare to be a human piston.

Training Frequency and Set Up: During ***PHASE ONE***, you will be training 3x/ week, with at least a day of rest in between each. To allow for optimal recovery and variety of stimulus, you'll rotate 4 workouts over the 3-day schedule.

Note on Complexes: A quick explanation of the complexes for those of you that will be attempting them for the first time. The exercises are to be done back-to-back *without rest* until completing the entire complex. Then, take the prescribed rest and repeat it for the given number of sets. After that, take a few minutes to recover (you'll need it) and repeat with the second grouping.

Each Complex Workout is comprised of two distinct complexes, or groupings-- these complexes will be labeled "**A**" and "**B**" respectively, for each workout. Complex **A** is designed to be done with heavier weights and is more power based, which is why you'll be using lower reps. Complex **B** is to be done with lighter weights (hence the higher reps) and will be a bit more challenging in terms of power endurance and cardiovascular output.

PHASE ONE - WORKOUT ONE

Full Body Training (Strength Based Fat Loss) Upper Body Strength, Lower Body Metabolic Circuit

Note on Weight Selection: For A1/A2 and B1/B2, select a weight that difficult for all sets. If you cannot complete 5 reps on a given set, decrease the weight by 10% for subsequent sets. The goal is to complete 25 reps on each exercise.

A1) Incline Barbell Bench Press (medium grip) - 5x5.

A2) Bent Over Barbell Row - 5x5

Alternate A1 and A2, resting 60 seconds between exercises for a total of 5 sets each. After your last set, rest 90 minutes and proceed to B.

B1) Chin-ups (Medium Grip) 5x5.

B2) Seated Arnold Press 5x5.

Alternate B1 and B2, resting 45 seconds between exercises. After your last circuit, rest 3 minutes seconds, and proceed to C.

Bodyweight Metabolic Leg Circuit

C1) Lateral Lunges - 15 per leg

C2) Jump Squats – 15

C3) Plank – 30 seconds

C4) Single Leg Hip Raise – 15 per leg

C5) Burpee – 10 total

C6) Reverse Crunch -15

Perform C1-C6 sequentially, resting minimally between exercises. Repeat this circuit for a total of 4 rounds, resting 90 seconds between them.

PHASE ONE - WORKOUT TWO Complexes (Super Powered Fat Loss)

Complex A – Barbell Complex for 4x8

*Set Up: Perform A1, A2, A3, A4 and A5 sequentially, with NO rest between them; try not to set the barbell down between exercises. Each exercise is to be performed for **8** reps. After A5, rest 90 second and repeat. Select a weight that makes your weakest exercise challenging, but allows you to complete all reps on that exercise.*

Recommended Starting Weights:

Men – 65-85 pounds

Women – 25-40 pounds

A1) Push Press

A2) Romanian Deadlift

A3) Bent Over Row

A4) Hang Clean

A5) Alternating Lunges (front squat grip)

*Perform this complex a total of **4** times; after your last one, rest 3-5 minutes and proceed to Complex B.*

Complex B – Unilateral SINGLE Dumbbell Complex (2x15)

*Set Up: Perform B1-10 sequentially, with NO rest between them. Use a SINGLE dumbbell for all exercises—the same one. Each exercise is to be performed for **15** reps. After B10, rest 2 minutes and repeat. Be very conservative with weight selection—this is every bit as challenging as it looks.*

Recommended Starting Weights:

Men –15-25 pound dumbbell

Women – 8-12 pound dumbbell

B1) Left Arm Single Arm Overhead Press

B2) Right Arm Single Arm Overhead Press

B3) Left Leg Single Leg RDL

B4) Right Leg Single Leg RDL

B5) Unsupported Left-arm DB row (lunge stance—right leg forward)

B6) Unsupported Right-arm DB row (lunge stance—left leg forward)

B7) Left Leg Bulgarian Split Squat

B8) Right Leg Bulgarian Split Squat

B9) Left Side Plank (20 seconds)

B10) Right Side Plank (20 seconds)

Perform this complex a total of 3 times; after your third one, rest 2 minutes and finish the workout by holding a plank for as long as you can.

PHASE ONE - WORKOUT THREE

Full Body Training (Strength Based Fat Loss) Lower Body Strength (6x6), Upper Body Metabolic Circuit

Note on Weight Selection: For A1/A2 and B1/B2, select a weight that difficult for all sets. If you cannot complete 6 reps on a given set, decrease the weight by 10% for subsequent sets. The goal is to complete 36 reps on each exercise.

A1) Barbell Squat (medium stance) 6x6

A2) Swiss Ball Leg Curl 6x6

*Perform A1 and then proceed **without rest** to A2. After A2, rest 90 seconds and repeat. Do this for a total of 6 sets each. After your last set, rest 2 minutes and proceed to B.*

B1) Barbell Romanian Deadlift- 6x6

B2) Alternating Forward Lunges 6x6 (per leg)

Alternate B1 and B2, resting 75 seconds between exercises. After your last circuit, rest 120 seconds, and proceed to C.

Bodyweight Metabolic Upper Body Circuit

C1) Chin-Ups – as many as possible

C2) Spider-Man Push-up 10 (per side)

C3) Hand Walkouts – 10

C4) Plank – 30 seconds

C5) Inverted Row – 15

C6) Push-Ups – 15

Perform C1-C6 sequentially, resting minimally between exercises. Repeat this circuit for a total of 4 rounds, resting 90 seconds between them.



PHASE ONE - WORKOUT FOUR

Complexes (Power)

Complex A – Barbell Complex for 3x10

Set Up: Perform A1, A2, A3 and A4 sequentially, with NO rest between them; do not even set the barbell down between exercises. Each exercise is to be performed for **10** reps. After A4, rest 90 second and repeat. Select a weight that makes your weakest exercise challenging, but allows you to complete all reps on that exercise.

Recommended Starting Weights:

Men – 65-85 pounds

Women – 25-40 pounds

A1) Military Press

A2) Hang Clean/Front Squat Combo

A3) Bent Over Row/Romanian Deadlift Combo

A4) Back Squat (narrow stance)

Perform this complex a total of 3 times; after your third one, rest 3-5 minutes and proceed to Complex B.

Complex B – Dumbbell Complex for 3x15

Set Up: Perform B1, B2, B3, and B5 sequentially, with NO rest between them; do not even set the dumbbells down between exercises. Each exercise is to be performed for **15** reps. After B5, rest 90 second and repeat. Select a weight that makes your weakest exercise challenging, but allows you to complete all reps on that exercise.

Recommended Starting Weights:

Men – 15-25 pound dumbbells

Women – 8-12 pound dumbbell

B1) Bent Over Alternating Row

B2) Squat/Push Press Combo

B3) Reverse Lunge off small box (alternating)

B4) Alternating Floor Press

Perform this complex a total of 3 times; after your third one, rest 1 minute and finish the workout by holding a plank for as long as you can.

THE **SUPERHERO** WORKOUT

PHASE TWO

YOU DON'T NEED **SUPER POWERS** TO BE A **SUPERHERO!**

Weeks 5-8

Phase Two of **SUPERHERO FAT LOSS** is going to be different from the other Phases because it draws inspiration from heroes who stand out in a few ways.

While being able to lift a car, dodge (or catch) bullets, or fly through the air are incredibly cool, the fact remains that they **aren't** a **necessity** to fight crime, thwart evil, OR build an awesome body. The truth is, not all **SUPERHEROES** have Super Strength. Or Super Speed. Or super *anything*, really.

In fact, some of the most compelling comic book heroes don't have anything "super" about them at all—and yet they still manage to save the day. This is what makes them, we think, the most relatable. Perhaps it even explains why *The Dark Knight* was one of the highest grossing films of all time, and the recent Superman reboot was a box office flop.

As mentioned, **SUPERHEROES** like Batman, Nick Fury, Daredevil and the Punisher can't claim any true super powers.

Random Comic Book Geek Sidebar: Sure, Daredevil has "heightened" senses after going blind, and Batman's constitution seems a bit atypical, but ultimately, they are regular human beings. This is also true for a number of less well-known **SUPERHEROES**, like Bucky (Captain America's sidekick) and all three characters that wore the Robin costume (including the original, Dick Grayson, who later became Nightwing). Some characters, lacking powers of their own, augment their physicality with technology of some sort; a great example would be Tony Stark and the Iron Man suit.

(Sorry about that. Sometimes you just need to *geek out*.)

Getting back to the point, these characters are the ones who are most like us—and because of that, they are, in many ways, completely unlike our other Super Heroes. Which means that while the other phases will get you strong and powerful and help you *look* like a hero, **PHASE TWO** can help you perform like one in many ways.

And so, when designing this phase, we looked at such heroes, and it was from them that our inspiration came.

Let's look at the ever-popular Batman.

The Caped Crusader is that he doesn't have just an ordinary (but with a huge chip on his

Hyper-intelligent gadget strength training, and combative arts made hero without the gifts were born with; rather or scaling buildings to

relying on his high levels of trained human athleticism.



a lot like us—at least in any super powers. He's extremely bad-ass) guy shoulder, which has led sacrifice.

designs, rigorous years spent in the him into a formidable that many of our heroes than flying after villains catch them, he is left

Note: *Okay, okay, YES, it helps that he's a billionaire, which allows him such resources...but thankfully, for this Phase, you won't need to be rich—just motivated.*

PHASE TWO of **SUPER HERO FAT LOSS** is arguably the most demanding.

Rather than targeting a specific muscle group, the exhaustion of these workouts is cumulative and spread throughout the entire body.

This will send a metabolic shockwave through the body thereby torching bodyfat and amping up work capacity.

Unlike **PHASE ONE**, which uses heavier weights and slightly longer rest periods, this method of training employs moderately heavy weights, which jack up the heart rate and *keep* it pounding at high intensities for the entire circuit.

During **PHASE TWO**, we'll be employing a type of *density training*—this has merit for a few reasons.

Outside of being extremely effective for the purposes of general fitness, we've also learned from research on programs like [Final Phase Fat Loss](#) that increasing training density has the added benefit of helping to raise testosterone levels, which will help you burn extra fat and build extra muscle; in addition, this can help you to fix any hormonal imbalances you might have.

And besides, we can all agree that **SUPER HEROES** probably *aren't* suffering from low testosterone!

The typical situation for a non-super-powered **SUPER HERO** requires a high degree of general athleticism, explosiveness and cardiovascular conditioning.

In order to forge your body into one capable of such Heroics, ***PHASE TWO*** will consist of the following:

- Unilateral exercises (that use one leg or one arm at a time) will **build stability in the hip and shoulder complexes**, eliminate weakness from muscle imbalances, in addition taxing the core as your body tries to keep itself from collapsing.
- Plyometrics (specifically in the lower body) will **build the ability of the muscles to produce and maintain explosiveness** while the entire system is under fatigue.

Each workout will rotate in giving a specific muscle group additional *focus*; this will help prepare you for the local fatigue (concentrated in a specific muscle group) of the some of the workouts ***PHASE THREE***, which will call for higher volume.

Because there are 6 exercises in each circuit, the main sensation will not be exhaustion of a specific muscle group as you'll be getting around 6 minutes of "rest" before returning to each exercise. These workouts are 25 minutes of non-stop action and require your entire focus. They'll supercharge your metabolism and improve your mental toughness to get you ready for the rigors of the next phase.

***PHASE TWO* TRAINING BREAKDOWN:**

Density Sessions

Workout Set Up and Guidelines:

- Complete 3x/week with at least 1 day rest in between (Mon/Wed/Fri)
- To start, each exercise is to be performed for **roughly 8-10 or 10-12** reps. As a guideline for selection weight, begin with what you approximate to be your 15 Rep Max. (*ie a weight that you could NOT lift more than 15 times*).
- Each workout consists of TWO density blocks – the first is 18 minutes, the second is 12 minutes. You will perform different exercises during each block.
- The exercises are to be performed in circuit fashion, moving from one to the next. These are NOT complexes, so you **are allowed** to rest if you need to; however, try not to. Keep rest minimal, and try to get through all exercises without resting.
- No matter what, **STOP** the workout when the allotted time in the density block is up.
- If you're pretty comfortable with plyometrics, you can make most of the moves harder by holding a medicine ball, dumbbells, or pausing at the bottom of the movement

PHASE TWO - WORKOUT ONE

DENSITY TRAINING FOR FAT LOSS WITH SUPER SPEED

*Set a timer for **18-minutes**, and perform A1-A6 sequentially, resting as infrequently as your conditioning allows. Try not to rest between exercises, or even circuits. Remember, these are not complexes, and therefore not done with a single pair or DBs; rather, use weight that is appropriately challenging for each exercise.*

- A1) Bulgarian Split Squat**
- A2) Dumbbell Incline Press**
- A3) Dumbbell Romanian Deadlift**
- A4) Bodysaw Planks (ValSlide)**
- A5) Neutral Grip Chin-Up**
- A6) Mountain Climber**

*Perform **8-10** reps for each exercise and proceed in a circuit fashion. If you can get through **4** or more complete circuits in 18 minutes, increase the weight the next time you perform that workout.*

At the conclusion of the 18-minute period, rest 4 minutes and proceed to B.

*Set a timer for **12-minutes**, and perform B1-B4 sequentially, resting as infrequently as your conditioning allows. Try not to rest between exercises, or even circuits. Remember, these are not complexes, and therefore not done with a single pair or DBs; rather, use weight that is appropriately challenging for each exercise.*

- B1) Jump Squat**
- B2) Barbell Bent-Over Row**
- B3) Hanging Leg Raise**

***NOTE:** if you do not have straps, hang from the bar by your hands

- B4) Push Press**

*Perform **12-15** reps for each exercise and proceed in a circuit fashion. If you can get through **3** or more complete circuits in 12 minutes, increase the weight the next time you perform that workout.*

PHASE TWO - WORKOUT TWO

DENSITY TRAINING FOR FAT LOSS WITH *SUPER SPEED*

*Set a timer for **18-minutes**, and perform A1-A6 sequentially, resting as infrequently as your conditioning allows. Try not to rest between exercises, or even circuits. Remember, these are not complexes, and therefore not done with a single pair or DBs; rather, use weight that is appropriately challenging for each exercise.*

- A1) Barbell Deadlift**
- A2) Lumberjack Press**
- A3) Dumbbell Floor Press**
- A4) Jump Lunge**
- A5) Single Arm Bent Over Row (on bench)**
- A6) Goblet Squat**

*Perform **8-10** reps for each exercise and proceed in a circuit fashion. If you can get through **4** or more complete circuits in 18 minutes, increase the weight the next time you perform that workout.*

At the conclusion of the 18-minute period, rest 4 minutes and proceed to B.

*Set a timer for **12-minutes**, and perform B1-B4 sequentially, resting as infrequently as your conditioning allows. Try not to rest between exercises, or even circuits. Remember, these are not complexes, and therefore not done with a single pair or DBs; rather, use weight that is appropriately challenging for each exercise.*

- B1) Upright Row**
- B2) Burpees**
- B3) Rocking Plank**
- B4) Y-Press**

*Perform **12-15** reps for each exercise and proceed in a circuit fashion. If you can get through **3** or more complete circuits in 12 minutes, increase the weight the next time you perform that workout.*

PHASE TWO - WORKOUT THREE

DENSITY TRAINING FOR FAT LOSS WITH *SUPER SPEED*

*Set a timer for **18-minutes**, and perform A1-A6 sequentially, resting as infrequently as your conditioning allows. Try not to rest between exercises, or even circuits. Remember, these are not complexes, and therefore not done with*



a single pair or DBs; rather, use weight that is appropriately

challenging for each exercise.

- A1) Dumbbell Walking Lunges**
- A2) Inverted Rows**
- A3) Tuck Jump**
- A4) Swiss Ball Leg Curl**
- A5) Neutral Grip Dumbbell Bench Press**
- A6) Garhammer Raise**

*Perform **8-10 reps** for each exercise and proceed in a circuit fashion. If you can get through **4** or more*

complete circuits in 18 minutes, increase the weight the next time you perform that workout.

At the conclusion of the 18-minute period, rest 4 minutes and proceed to B.

*Set a timer for **12-minutes**, and perform B1-B4 sequentially, resting as infrequently as your conditioning allows. Try not to rest between exercises, or even circuits. Remember, these are not complexes, and therefore not done with a single pair or DBs; rather, use weight that is appropriately challenging for each exercise.*

- B1) Dive Bomber Push-Up**
- B2) Seal Jacks**
- B3) Overhead Dumbbell Squat**
- B4) Bicep Curl**

*Perform **12-15 reps** for each exercise and proceed in a circuit fashion. If you can get through **3** or more complete circuits in 12 minutes, increase the weight the next time you perform that workout.*

PHASE TWO - WORKOUT FOUR

DENSITY TRAINING FOR FAT LOSS WITH SUPER SPEED

*Set a timer for **18-minutes**, and perform A1-A6 sequentially, resting as infrequently as your conditioning allows. Try not to rest between exercises, or even circuits. Remember, these are not complexes, and therefore not done with a single pair or DBs; rather, use weight that is appropriately challenging for each exercise.*

- A1) DB Step-up (same leg)**
- A2) Bent Over DB Row (rotating- neutral to underhand)**
- A3) BB Rollout**
- A4) Steep Incline DB Bench**
- A5) 2-leg Hip Raise (feet on bench)**
- A6) Jumping Jacks**

*Perform **8-10** reps for each exercise and proceed in a circuit fashion. If you can get through **4** or more complete circuits in 18 minutes, increase the weight the next time you perform that workout.*

At the conclusion of the 18-minute period, rest 4 minutes and proceed to B.

*Set a timer for **12-minutes**, and perform B1-B4 sequentially, resting as infrequently as your conditioning allows. Try not to rest between exercises, or even circuits. Remember, these are not complexes, and therefore not done with a single pair or DBs; rather, use weight that is appropriately challenging for each exercise.*

- B1) Mountain Jumpers**
- B2) Underhand Inverted Row w/ 2-second pause**
- B3) Close Grip Push-ups**
- B4) Overhead DB Triceps Extension**

*Perform **12-15** reps for each exercise and proceed in a circuit fashion. If you can get through **3** or more complete circuits in 12 minutes, increase the weight the next time you perform that workout.*

PHASE TWO - WORKOUT FIVE

DENSITY TRAINING FOR FAT LOSS WITH *SUPER SPEED*

*Set a timer for **18-minutes**, and perform A1-A6 sequentially, resting as infrequently as your conditioning allows. Try not to rest between exercises, or even circuits. Remember, these are not complexes, and therefore not done with a single pair or DBs; rather, use weight that is appropriately challenging for each exercise.*

- A1) Box Jump (jump onto box or bench)**
- A2) Push Press**
- A3) Lateral Lunge (w/dumbbell)**
- A4) Chest Supported DB Row on 45 Degree Bench**
- A5) Hand Walkout**
- A6) Dumbbell Stiff-Legged Deadlift**

*Perform **8-10** reps for each exercise and proceed in a circuit fashion. If you can get through **4** or more complete circuits in 25 minutes, increase the weight the next time you perform that workout. After your 25-minute circuit, rest 3 minutes and proceed to Circuit B.*

At the conclusion of the 18-minute period, rest 4 minutes and proceed to B.

*Set a timer for **12-minutes**, and perform B1-B4 sequentially, resting as infrequently as your conditioning allows. Try not to rest between exercises, or even circuits. Remember, these are not complexes, and therefore not done with a single pair or DBs; rather, use weight that is appropriately challenging for each exercise.*

- B1) Dumbbell Swing**
- B2) Elbow-Out Dumbbell Row**
- B3) Pike Push-Up**
- B4) Rocking Plank**

*Perform **12-15** reps for each exercise and proceed in a circuit fashion. If you can get through **3** or more complete circuits in 12 minutes, increase the weight the next time you perform that workout.*

SUPERHERO FAT LOSS

(FANTASTIC) PHASE THREE

LEARN HOW TO BECOME THE EQUIVALENT OF
YOUR OWN "TEAM" OF **SUPERHEROES!**

Weeks 10-12

Finally, we
last block of
come to
of **SUPERHERO**
3-week Phase
you complete
HERO
help you "polish
physique into tip-top shape.



come to the
training—we
**PHASE THREE
FAT LOSS**, the
designed to help
your **SUPER
TRAINING**, and
off" your

In many ways, we consider **PHASE THREE** the "All-Star" program. **SUPERHEROES** are known for banding together to form "teams." As clearly illustrated in the blockbuster, *The Avengers*, **SUPERHEROES** recognize that in order to save the world, you need varying skillsets.

Sometimes you need Super strength, and you call in the Hulk. Sometimes you need a guy who can fly and shoot lasers, and you call in Iron Man. And sometimes you need a guy who can...talk to fish (??) and you call Aquaman. (Seriously, Aquaman? **Seriously?** That's your power? C'mon now.)

Anyway, the point is that in order to write compelling story lines, comic book authors realize that having **SUPERHEROES** whose powers work together

creates a whole unit whose value is greater than the sum of its parts; in **PHASE THREE**, we're going to build on that idea.

With the previous phases, we focused on just one quality—strength, endurance, or mass. And, each of those is important. However, by **PHASE THREE**, it's been 8 weeks since you've done any strength and power work. However, your conditioning is fresh. Now that we have developed each of those qualities piecemeal, it's time to teach your body to develop them together.

Just as any **SUPER HERO** team has to train together for a while in order to develop a rhythm and become effective together, so too must your training encompass all of the various qualities at once.

By working through **PHASE THREE**, you will finish the program a strong and powerful as you were in **PHASE ONE**, and conditioned as you were in **PHASE TWO**, all while building some extra muscularity. You'll **also** burn off any extra fat that you may have, increase muscle in some key areas, and even get a bit stronger. In short, you'll become a **SUPER HERO** who is capable of accessing all powers at once, and using them to create something that is more than the sum of those individual powers.

In order to accomplish this very **SUPER HEROIC** task, this phase combines one day of fat loss training, one day of strength-based training, one day of mass building, and one day of flat out conditioning.

The 3-day per week program is intended to help you “finalize” your physique and set you up to dominate any program you decide to do after **THE SUPER HERO WORKOUT**.

ALL THAT SAID, LET'S MOVE ON TO THE WORKOUTS!

PHASE THREE - WORKOUT ONE

Workout One Total Body Fat Loss

Perform A1-A5 sequentially, resting 30 seconds between exercises and 60 seconds between circuits. This circuit is to be performed 4 times. After your last circuit, rest 90 seconds and proceed to circuit B.

- A1) Walking Lunges – 4x15 (per leg)**
- A2) Alternating Overhead Press 4x12 (per arm)**
- A3) Pull-Ups – 4x1 short of failure (stop before you fail)**
- A4) Box Jumps – 4x12**
- A5) Hand Walkout – 4x as many as possible**

Perform B1-B4 sequentially, resting 30 seconds between exercises and 60 seconds between circuits. This circuit is to be performed 5 times. After your last circuit, rest 90 seconds and proceed to circuit C.

- B1) Unsupported Single Arm DB Row (lunge stance) 5x10 per arm**
- B2) Dumbbell Floor Press – 5x8**
- B3) Jump Lunges – 5x10**
- B4) Rocking – 5x45 sec**

Perform C1-C3 sequentially, resting 20 seconds between exercises and 60 seconds between circuits. This circuit is to be performed 2 times.

- C1) Y-Press – 2x12**
- C2) Spider-Man Lunges – 2x12 per leg**
- C3) Single Leg RDL – 2x8 per leg**

PHASE THREE - WORKOUT TWO

Advanced Density Training

*Set a timer for **16-minutes**, and perform A1-A6 sequentially, resting as infrequently as your conditioning allows. Try not to rest between exercises, or even circuits. Remember, these are not complexes, and therefore not done with a single pair or DBs; rather, use weight that is appropriately challenging for each exercise.*

- A1) Alternating Incline DB Bench**
- A2) BB Back Squat (heels elevated)**
- A3) Pullup (medium overhand grip)**
- A4) V-Up**

*Perform **8** reps for each exercise and proceed in a circuit fashion. If you can get through **4** or more complete circuits in 18 minutes, increase the weight the next time you perform that workout*

At the conclusion of the 18-minute period, rest 4 minutes and proceed to B.

*Set a timer for **12-minutes**, and perform B1-B4 sequentially, resting as infrequently as your conditioning allows. Try not to rest between exercises, or even circuits. Remember, these are not complexes, and therefore not done with a single pair or DBs; rather, use weight that is appropriately challenging for each exercise*

- B1) Lunge Jump (same side)**
- B2) DB Pullover (on bench)**
- B3) Plank Body Saw**
- B4) Standing Curl to Press (front foot elevated on bench)**

*Perform **10** reps for each exercise and proceed in a circuit fashion. If you can get through **5** or more complete circuits in 18 minutes, increase the weight the next time you perform that workout*

At the conclusion of the 12-minute period, rest 4 minutes and proceed to C.

4 Minute Tabata

Perform C1-C4 sequentially, each for exactly 20 seconds, resting 10 seconds between exercises and 90 seconds between circuits. Perform three total circuits.

- C1) Pushup**
- C2) DB Squat Jump**
- C3) Inverted Row (underhand grip)**
- C4) Mountain Climber**

PHASE THREE - WORKOUT THREE

Hybrid Fat Loss *Training*

Set Up: Perform A1, A2, A3, A4 and A5 sequentially, with **NO** rest between them; do not even set the barbell down between exercises (unless you need to for positioning). Each exercise is to be performed for **8** reps. After A4, rest 90 second and repeat. Select a weight that makes your weakest exercise challenging, but allows you to complete all reps on that exercise.

Recommended Starting Weights:

Men – 95 pounds

Women – 45 pounds

- A1) Push press
- A2) Snatch grip RDL
- A3) Bo row
- A4) Hang clean
- A5) Split squat (Aka static lunge/bar on back)

Perform this complex a total of 4 times; after your last one, rest 3-5 minutes and proceed to the 15 Minute Density Circuit

Set a timer for **15-minutes**, and perform B1-B4 sequentially, resting as infrequently as your conditioning allows. Try not to rest between exercises, or even circuits. Remember, these are not complexes, and therefore not done with a single pair or DBs; rather, use weight that is appropriately challenging for each exercise.

- B1) Pull-up
- B2) Step-up jumps (alternating) (5/side)
- B3) Seated Arnold Press
- B4) Swiss Ball Jackknife

Using your 12-rep max, perform **6-7** reps for each exercise and proceed in a circuit fashion. Perform as many circuits as possible

PHASE THREE - WORKOUT FOUR

Strength Based Fat Loss *Training*

A1) Dumbbell Incline Bench Press - 4x8.

A2) Bent Over Barbell Row - 4x10

Alternate A1 and A2, resting 60 seconds between exercises for a total of 4 sets each. After your last set, rest 90 minutes and proceed to B.

B1) Romanian Deadlift 3x8.

B2) Front Squat 3x10.

Alternate B1 and B2, resting 75 seconds between exercises. After your last circuit, rest 3 minutes seconds, and proceed to C.

Perform C1-C5 sequentially, resting 20 seconds between exercises and 60 seconds between circuits. This circuit is to be performed 4 times.

C1) Reverse Lunges – 4x15 (per leg)

C2) Overhead Press 4x12 (per arm)

C3) Inverted Row – 4x 45s (as many as possible in 45 seconds)

C4) Box Jumps – 4x12

C5) Garhammer Raise – 4x as many as possible

THE SUPERHERO WORKOUT

PHASE BREAKDOWN & TRAINING SCHEDULE

So far, we've covered what to do and how to do it. However, like any good training program, Super Hero Fat Loss is intended to be done according to a certain schedule.

While you can certainly make a few alterations here and there so that the workouts fit in with your schedule, it's extremely important that you follow two rules:

- 1) **DO NOT perform the Phases out of order your first time through the program. Complete Phases 1-3 IN ORDER. Once you've been through the program once, you can repeat a phase if you wish to focus on a particular attribute.**
- 2) **Make every effort to get in the required number of training sessions each week. If you need to move them around, that's okay (but not recommended)—but if a Phase calls for 3 sessions, train 3 times.**

On the following pages, you will find a schedule for each week of each Phase of *SUPERHERO FAT LOSS*. For ease of reading, the days

on which you train have been highlighted on the weekly schedules.

PHASE ONE

TRAINING SCHEDULE (WEEKS 1-4)

<i>SUPERHERO FAT LOSS</i>							
<i>PHASE ONE, WEEK ONE</i>							
<i>DAY</i>	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<i>Activity</i>	<i>WORKOUT ONE</i>	<i>OFF</i>	<i>WORKOUT TWO</i>	<i>OFF</i>	<i>WORKOUT THREE</i>	<i>OFF</i>	<i>OFF</i>

<i>SUPERHERO FAT LOSS</i>							
<i>PHASE ONE, WEEK TWO</i>							
<i>DAY</i>	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<i>Activity</i>	<i>WORKOUT FOUR</i>	<i>OFF</i>	<i>WORKOUT ONE</i>	<i>OFF</i>	<i>WORKOUT TWO</i>	<i>OFF</i>	<i>OFF</i>

<i>SUPERHERO FAT LOSS</i>							
<i>PHASE ONE, WEEK THREE</i>							
<i>DAY</i>	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<i>Activity</i>	<i>WORKOUT THREE</i>	<i>OFF</i>	<i>WORKOUT FOUR</i>	<i>OFF</i>	<i>WORKOUT ONE</i>	<i>OFF</i>	<i>OFF</i>

<i>SUPERHERO FAT LOSS</i>							
<i>PHASE ONE, WEEK FOUR</i>							
<i>DAY</i>	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<i>Activity</i>	<i>WORKOUT TWO</i>	<i>OFF</i>	<i>WORKOUT THREE</i>	<i>OFF</i>	<i>WORKOUT FOUR</i>	<i>OFF</i>	<i>OFF</i>

PHASE TWO

TRAINING SCHEDULE (WEEKS 5-8)

SUPERHERO FAT LOSS							
PHASE TWO, WEEK ONE							
DAY	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Activity	WORKOUT ONE	OFF	WORKOUT TWO	OFF	WORKOUT THREE	OFF	OFF

SUPERHERO FAT LOSS							
PHASE TWO, WEEK TWO							
DAY	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Activity	WORKOUT FOUR	OFF	WORKOUT FIVE	OFF	WORKOUT ONE	OFF	OFF

SUPERHERO FAT LOSS							
PHASE TWO, WEEK THREE							
DAY	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Activity	WORKOUT TWO	OFF	WORKOUT THREE	OFF	WORKOUT FOUR	OFF	OFF

SUPERHERO FAT LOSS							
PHASE TWO, WEEK FOUR							
DAY	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Activity	WORKOUT FIVE	OFF	WORKOUT ONE	OFF	WORKOUT TWO	OFF	OFF

PHASE THREE

TRAINING SCHEDULE (WEEKS 9-12)

<i>SUPERHERO FAT LOSS</i>							
<i>PHASE THREE, WEEK ONE</i>							
<i>DAY</i>	<i>Monday</i>	<i>Tuesday</i>	<i>Wednesday</i>	<i>Thursday</i>	<i>Friday</i>	<i>Saturday</i>	<i>Sunday</i>
<i>Activity</i>	<i>WORKOUT ONE</i>		<i>WORKOUT TWO</i>	<i>WORKOUT THREE</i>	<i>OFF</i>	<i>OFF</i>	<i>OFF</i>

<i>SUPERHERO FAT LOSS</i>							
<i>PHASE THREE, WEEK TWO</i>							
<i>DAY</i>	<i>Monday</i>	<i>Tuesday</i>	<i>Wednesday</i>	<i>Thursday</i>	<i>Friday</i>	<i>Saturday</i>	<i>Sunday</i>
<i>Activity</i>	<i>WORKOUT FOUR</i>	<i>WORKOUT ONE</i>	<i>OFF</i>	<i>OFF</i>	<i>WORKOUT TWO</i>	<i>OFF</i>	<i>OFF</i>

<i>SUPERHERO FAT LOSS</i>							
<i>PHASE THREE, WEEK THREE</i>							
<i>DAY</i>	<i>Monday</i>	<i>Tuesday</i>	<i>Wednesday</i>	<i>Thursday</i>	<i>Friday</i>	<i>Saturday</i>	<i>Sunday</i>
<i>Activity</i>	<i>WORKOUT THREE</i>	<i>OFF</i>	<i>WORKOUT FOUR</i>	<i>OFF</i>	<i>WORKOUT ONE</i>	<i>OFF</i>	<i>OFF</i>

<i>SUPERHERO FAT LOSS</i>							
<i>PHASE THREE, WEEK FOUR</i>							
<i>DAY</i>	<i>Monday</i>	<i>Tuesday</i>	<i>Wednesday</i>	<i>Thursday</i>	<i>Friday</i>	<i>Saturday</i>	<i>Sunday</i>
<i>Activity</i>	<i>WORKOUT TWO</i>	<i>WORKOUT THREE</i>	<i>OFF</i>	<i>OFF</i>	<i>WORKOUT FOUR</i>	<i>OFF</i>	<i>OFF</i>

AND NOW, FOR THE
EXCITING CONCLUSION...

TIME TO *BECOME*
A *SUPERHERO*

All right! We've reached the end of the first part of your education on the road to becoming a *SUPERHERO*. But of course, as any comic book mentor will tell you, all the knowledge in the world isn't going to do you any good without execution.

And so, it's time to get started—and doing that is as simple as hitting the gym.

We'd like to take this opportunity to thank you for picking up *SUPERHERO FAT LOSS*, and to congratulate you for taking this step; truly, you've made the right decision in placing your trust in us, and we can't tell you how awesome that feels. In many ways, we *might* be more excited than you to see your results!

While we certainly don't feel this is the "last program you'll ever need," we DO feel that it's one of the best programs you'll ever perform.

Given the multiple phases—each of which addresses a different fitness quality and is intended to be used for a specific goal—and the modified schedules

provided at the end of the book, we know that you'll get a lot of use out of this program in the months and years to come...because **SUPER HERO FAT LOSS** is as compressive as any program on the market today.

However, just as a would-be hero uses various tools to get the job done—be it webs, Bat-erangs, or claws—your journey won't be complete with simply a training manual; while this is certainly the most important component of the entire program, it's not the only one you need to read.

Therefore, in order to begin your quest for **SUPER HEROISM** in the most effective and well-prepared manner possible, we would like you to take the next few minutes to read the other components of this program: **THE SUPER HERO SUPPLEMENTATION GUIDE**, and **THE SUPER HERO QUICK START CHECKLIST**.

If you picked up the **HYPERDRIVE PACK**, you should take a few minutes to read over **THE SUPER HERO NUTRITION GUIDE** and **THE SUPER HERO SUSPENSION TRAINING** module, both of which included in that package.

Keep in mind that we'll be your coaches for a while. So please, don't hesitate to ask us any questions—be sure to check out our respective websites:

Roman: www.RomanFitnessSystems.com and www.FaceBook.com/RomanFitnessSystems

Matt: www.MattMcGTraining.com

To quite Spiderman, we understand that with great power comes great responsibility....and so we're here to help you however we can.

YOUR FELLOW SUPER HEROES,

-Roman & Matt

THE SUPERHERO WORKOUT *ABOUT THE AUTHORS*

JOHN ROMANIELLO

JOHN ROMANIELLO, author of *Final Phase Fat Loss*, is the founder of Roman Fitness Systems and a New York City based trainer, coach, writer and extreme comic book geek. Having worked with clients of every stripe—from overweight teenagers to professional athletes to media and literary sensation Gary Vaynerchuk—Romaniello is regarded as one of the premier body transformation specialists in the fitness industry.

Known for the quality of his writing, acerbic wit, and exceptional content, Romaniello has become widely popular in the years since he first broke onto the online fitness scene. Those qualities have led him to be featured in a variety of media outlets, including major newsstand magazines such as *Men's Health*, *Men's Fitness* and *SHAPE*, as well as television appearances as a health and fitness expert on programs such as *Good Morning America*.

Romaniello's compelling and relatable brand of info-tainment has helped thousands of people across the globe change their bodies and improve their health. As top strength Eric Cressey noted, "[a]long with being a great dude and super bright, Roman is also a physical specimen, as well as one of the most easy-going and fun guys you'll ever meet. John understands *balance*, and brings that to fitness—which is why people love him."

MATT MCGORRY

MATT MCGORRY is a New York City based trainer and strength coach who trains out of PEAK Performance (one of Men's Health's top 10 gyms in the US), where he regularly trains athletes, actors, and prospective **SUPER HEROES**.

McGorry's expertise has led him and his writing to be featured in various media outlets such as Men's Health, Muscle & Fitness, Life & Style, Men's Fitness, as well as to television appearances on local NYC news station NY1.

Matt's unique combination of education-based knowledge and practical application provides an incredibly effective—and incredibly rare—perspective. Always willing to put himself and his methods to the test, he's developed an intimate understanding of the mental and physical demands needed to create excellence of **SUPER HEROIC** proportions.