



BODY BY DAN

LIFT CARS, FLY, AND WATCH BULLETS BOUNCE OFF YOUR CHEST

This may sound a little unrealistic, and in fact it's incredibly unrealistic... for the mere mortal! Superheroes, on the other hand, can perform these tasks without breaking a sweat, and they look pretty darn good to boot. As a regular guy, you can't throw cars but you can definitely look like a superhero if you put the time and effort into it. To look incredibly powerful and gain a lot of lean muscle mass within a short period of time, we're going to work on bulking up your upper body. We're going to increase the size of your arms, the width of your shoulders and give you a fuller chest. Your lower body

is going to grow, but not at anything close to the rate of your upper body. The key to this program is to make sure you are getting (preferably) 8 hours of sleep a night, and that you are eating a lot of healthy foods: lean meat, vegetables, fruit, healthy fats, and rice. You are going to need to consume a lot of protein and calories in order to not over train while you are on this program. Do this workout program, and watch the transformation begin!

I know that this workout series is very intense, but looking like a superhero within

a short period of time doesn't come easily. If you don't have 5-6 hours a week to devote to working out, but you still want to look beastly for the summer – then I recommend doing the dips/pullups day, and the legs day – from there just work on your weak spots and add in whichever days fit into your schedule. I promise you this: short of buying a muscle suit – working diligently at this program is the fastest way to look like a superhero. Just... please don't try to lift cars, fly, or block bullets.

Monday – Arms (I recommend splitting this into two different training blocks -5 hours apart)

Block 1

- A. Reverse EZ-Bar Curl 4x6
- B1. Preacher Curl 4x8-10
- B2. Seated Hammer Curls 4x8-10
- C. Standing Cable Curls 2x12-15

Block 2

- A. Close-Grip Bench Press 4x6
- B1. Skull Crushers 4x8-10
- B2. California Press 4x8-10
- C. Overhead Rope Triceps Extensions

Tuesday – Shoulders/Back – To be completed within 1 hour (shoot for 45min)

- A1. Seated Barbell Military Press 5x5
- A2. Chin-Ups 5x5
- B1. Reverse Flies 3x10
- B2. Seated Close-Grip Cable Rows 3x10
- C. L-Lateral Raises 4x6

- D1. Upright Cable Rows 3x12-15
- D2. 1-Arm Dumbbell Shrugs 3x8
- E. Cable Lateral Raises 3x15

Wednesday – Legs

- A. Full Squats 4x10
- B. Hang Cleans or DB Romanian Deadlifts 3x8
- C. Back Extensions 2x10
- D. Lying Hamstring Curls 2x6-8
- E. Full Squats 1x20

Friday – Chest/Abs

- A. Flat Dumbbell Bench Press 5x5
- B1. Cable Flies 4x8
- B2. High-Incline Dumbbell Bench Press 4x8
- C. Mid-Incline Barbell Bench Press 1x20
- D1. Reverse Crunches 3x15
- D2. Hanging Knees to Chest 3x10
- E. Standing or Kneeling Ab Wheel 2x8
- F. Side Bends 2x15 each side

Saturday – Dips/Pullups

This day is very simple – superset dips and pullups until you hit 120 reps of each. If your dips are stronger than your pullups, add weight to your dips so that you can perform approximately an even number of dips and pullups each set. **IMPORTANT:** This workout is to be completed within 45 minutes maximum. If you don't get to 120 total reps of each within 45 minutes, that is okay – just get as close as you can and try to improve upon it the next week.

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