

**Get ready to train like Tony Stark and become a superhero with the Iron Man Armor Training Workout. This workout focuses on strength, agility, and endurance to help you build the physique of a genius billionaire inventor and superhero.**

**1. Repulsor Blasts (Barbell Hip Thrusters): 3 sets of 15 reps**

 - Begin seated on the ground w/bench behind. Barbell should be directly above your hips. Lean back against the bench and raise your hips toward the ceiling.

**2.** **Flight Training (Jumping Lunges): 3 sets of 10 reps on each leg**

 - Stand with feet hip-width apart. Step forward into a lunge, then jump and switch legs mid-air.

**3.** **Power Arc Reactor (In & Out Kicks): 3 sets of 15 reps**

 - Sit on bench, arms behind holding the bench. Bring legs into chest and kick out to straight.

**4.** **Pepper Potts (Tricep Kickbacks): 3 sets of 15 reps**

- Hold a kettlebell with both hands in front of you. Swing it between your legs, then thrust your hips forward to swing it up to shoulder height.

**5.** **Unibeam Focus (Chest Press w/Legs Extended): 3 sets of 15 reps**

 - Lay flat on back, legs are extended right above ground. Press weights off chest.

**6.** **Mark XLII Agility (Agility Ladder: In & Out Jumps):** **1 minute on ladder**

 - Set up an agility ladder or create one with tape on the floor. Perform in and out jumps, back and forth for a minute.

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| **Exercises:** | **Sets****Reps****Wt.** | **M** | **T** | **W** | **T** | **F** | **S** | **S** |
| A person doing exercise with a barbell  Description automatically generated**Hip** **Thrusters** | **3 sets** |  |  |  |  |  |  |  |
| **15 reps** |  |  |  |  |  |  |  |
| **Wt.** |  |  |  |  |  |  |  |
| A person in blue shorts and blue top doing lunges  Description automatically generated**Jumping****Lunges** | **3 sets** |  |  |  |  |  |  |  |
| **10 reps** |  |  |  |  |  |  |  |
| **Wt.** |  |  |  |  |  |  |  |
| A person doing sit ups  Description automatically generated**In &****Out Kicks** | **3 sets** |  |  |  |  |  |  |  |
| **15 reps** |  |  |  |  |  |  |  |
| **Wt.** |  |  |  |  |  |  |  |
| A person doing exercise with dumbbells  Description automatically generated**Tricep** **Kickback** | **3 sets** |  |  |  |  |  |  |  |
| **15 reps** |  |  |  |  |  |  |  |
| **Wt.** |  |  |  |  |  |  |  |
| A person doing crunches with weights  Description automatically generated**Chest****Press w/****Legs Extended** | **3 sets** |  |  |  |  |  |  |  |
| **15 reps** |  |  |  |  |  |  |  |
| **Wt.** |  |  |  |  |  |  |  |
| A white surface with black footprints  Description automatically generated with medium confidence**In &** **Out****Jumps** | **3 sets** |  |  |  |  |  |  |  |
| **1 min.** |  |  |  |  |  |  |  |
| **Wt.** |  |  |  |  |  |  |  |

Congratulations, superhero! You've completed the **Ironman Armor Training Workout** and taken a step closer to embodying the resilience and strength of Tony Stark. Keep training like a superhero, and you'll continue to unleash your full potential both in and out of the gym. Suit up and conquer!

**Name When Completed:**