

# **SUPERHERO SHRED**

**28-DAY PLANNER**





# ANATOMY OF A SUPERHERO

No time for a full workout? Here's your cheat sheet to the moves Don swears by for crushing each muscle group.

## **ARMS**

Skull Crusher  
Alt. Dumbbell Press

## **CHEST**

Incline Dumbbell Press  
Explosive Pushup

## **BACK**

Dumbbell Pullover  
Dynamic Prone Cobra

## **ABS**

Hollow Rock  
Double Rack Carry

## **LEGS**

Lateral Bound  
Squat Jump

# YOU'VE GOT POWER. NOW, IT'S TIME TO UNLOCK IT.

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With Don Saladino's **Superhero Shred** from *Men's Health*, you can get massive arms, a chiseled chest, and legs of steel. This comprehensive 4-week program focuses on muscular strength and endurance, cardiovascular fitness, mobility, and fat loss to ensure you look and feel bulletproof.

## 5 WAYS TO SUPERCHARGE YOUR WORKOUT

Switch on your body's superhuman potential by committing to these five fundamentals.

### 1. FOCUS ON FORM, NOT REPS

Perfect technique—even at the expense of lighter weights and reps—will do more for you than sloppy sets. Remember: Your last set should be as clean as your warmup set.

### 2. LISTEN TO YOUR BODY

If something feels off, dial back your intensity. Pushing through pain will only cut your gains short.

### 3. REST LIKE IT'S PART OF THE PLAN

Because it is. Give your body 100% of the sleep it needs, and your body will give you 100% of the intensity you crave.

### 4. EAT CLEAN

Food is your secret weapon. Make every meal count with nutrient-dense ingredients. Think lean protein, like eggs, and tons of vegetables.

### 5. HYDRATE, HYDRATE, HYDRATE

Drink half your body weight in ounces of water daily so you can perform at your peak.



# WARMUP

Serious gains begin with a serious warmup. Just five minutes will increase joint lubrication and boost your range of motion so you get more out of every move. Plus, you'll bump up your core body temperature and kickstart your nervous system—two crucial components to crushing your workout.

Before each of your workouts, devote a couple minutes to a dynamic warmup, like the below, which blends aspects of cardio with strength and mobility training.

- 10 Jumping Jacks
- 30-Second Plank
- 10 Bodyweight Squats
- 10 Lunges with Twists



# 8-WEEK WORKOUT PLAN

Follow this roadmap for the next eight weeks. When going through each of these workouts, perform all exercises with slow, controlled, and precise movements. Once you complete all eight weeks, assess your progress. Repeat the program as is or, if you feel up to the challenge, add heavier weights and more explosive intensity.

Reserve Saturday and Sunday for rest days.

## WEEKS 1-4

DAY	PROGRAM
Monday	Indestructible Strength & Power
Tuesday	Full Body Blast
Wednesday	Mega Muscle Supersets
Thursday	Bodyweight Burn
Friday	Superhero Circuit
Saturday	Rest
Sunday	Rest

## WEEKS 4-8

DAY	PROGRAM
Monday	Unilateral Powerhouse
Tuesday	Bodyweight & Carry Insanity
Wednesday	Mighty Muscle Supersets
Thursday	Explosive Plyo & Abs
Friday	Epic Superhero Circuit
Saturday	Rest
Sunday	Rest

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