

**Welcome, brave souls, to the Hulk Smash Workout – a fitness journey that will unleash your inner superhero strength! Channel your inner Hulk as you power through these six exercises designed to sculpt muscles and ignite your power.**

**1. Gamma Step Up w/Knee Drive:** 3 sets of 10 reps each side

- Stand tall and step up on bench with a powerful, Hulk-like knee drive up.

**2. Incredible Hulk (Skull Crushers):** 3 sets of 10 reps

- Lay on back, dumbbells together above and drop towards skull and lift with a roar, showcasing your might.

**3. Smash Kettlebell Swings:** 3 sets of 10 reps

- Hold a kettlebell with both hands. Swing it between your legs and then explosively lift it to shoulder height. Control the descent, mimicking the Hulk's smashing prowess.

**4. Angry Side Bends:** 3 sets of 10 reps each side

-Hold a sumo squat w/arm behind head, bend to the side down to knee.

**5. Rampaging Bear Crawls:** 3 sets of 20 reps forward

- Get on all fours and crawl forward, keeping your back straight. Move with speed and intensity, like a rampaging Hulk on a mission.

**6. Destructive Slams:** 3 sets 15 reps

- Pick up a medicine ball and raise it overhead. Slam it to the ground with all your might. Catch and repeat for a smashing cardio boost.

|  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- |
| **Exercises:** | **Sets**  **Reps**  **Wt.** | **M** | **T** | **W** | **T** | **F** | **S** | **S** |
| A person standing on a bench  Description automatically generated**Step Up**  **w/Knee**  **Drive** | **3 sets** |  |  |  |  |  |  |  |
| **10 reps** |  |  |  |  |  |  |  |
| **Wt.** |  |  |  |  |  |  |  |
| A person doing a bench press  Description automatically generated**Skull**  **Crushers** | **3 sets** |  |  |  |  |  |  |  |
| **10 reps** |  |  |  |  |  |  |  |
| **Wt.** |  |  |  |  |  |  |  |
| The “Kettlebell Swing” - Persistence Athletics**KB**  **Swing** | **3 sets** |  |  |  |  |  |  |  |
| **10 reps** |  |  |  |  |  |  |  |
| **Wt.** |  |  |  |  |  |  |  |
| A person doing a squat  Description automatically generated**Sumo**  **Side**  **Bends** | **3 sets** |  |  |  |  |  |  |  |
| **10 reps** |  |  |  |  |  |  |  |
| **Wt.** |  |  |  |  |  |  |  |
| A person doing a push up  Description automatically generated**Bear**  **Crawls** | **3 sets** |  |  |  |  |  |  |  |
| **20 reps** |  |  |  |  |  |  |  |
| **Wt.** |  |  |  |  |  |  |  |
| Medicine Ball Workout—5 Medicine Ball Exercises for Weight Loss | WW USA**MB Slam**  **Balls** | **3 sets** |  |  |  |  |  |  |  |
| **15 reps** |  |  |  |  |  |  |  |
| **Wt.** |  |  |  |  |  |  |  |

Congratulations, mighty warrior! You've conquered the **Hulk Smash Workout** and harnessed the strength of a superhero. Your dedication and power know no bounds. Now, go out into the world and unleash your inner Hulk in every aspect of your life!

**A red cape with a yellow sign

Description automatically generatedName When Completed:**