

SUPER HUMAN

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WORKOUT PROGRAM

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Length: 4 Weeks

Workouts per Week: 5

Training Split: Full-body with explosive specialization. Each workout targets a dominant movement pattern or region culminating in beast-mode circuits that fuse hypertrophy, grit, and conditioning.

Equipment: Bodyweight + minimal gear (dumbbells, slam ball, dip + pull bar)

Techniques Used: High-rep threshold training, explosive movement focus, full-body circuit fatigue

Rep Progression: Built-in progressive overload through volume escalation and failure-based

export week over week. Leaving your body no excuse but to grow.

Rest Periods: Minimal. Most sets to failure. Circuits completed with fire in the lungs.

Cardio: Built in through burpees, jump squats, and non-stop circuits. Heart rate = always redline.

Meal Plan: High protein, high discipline. 1.5–2g protein/lb bodyweight. Eat clean. Fuel the furnace.

Burn or build — the mirror don't lie.

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IMPORTANT

This workout is designed to keep you more jacked and lean than ever before! You will burn calories like a human furnace for 24 hours after each workout forcing body to become a freaking frogman animal machine! My Super Human 30 forces your body to adapt to the increased load thus stimulating massive muscle growth. Super Human 30 is specifically designed to make your body a walking talking furnace so keep protein intake high 1.5-2 grams of protein per body pound (or else you will burn hard earned muscle). It is time to dig deeper than ever before! It is time to become a Frogman Animal Beast!!!

Training Structure/

Super Human 30 is a high-volume, re-tested full-body training protocol designed to turn men into walking furnaces — jacked, lean, and dangerous. Every day is a war with your limits. Every rep is a battlefield. This is NOT a body part split for gym bros.

— it's a mission for warriors.

This plan uses a rotating focus system:

Day 1: Explosive Chest / Tris

Day 2: Explosive Legs

Day 3: Explosive Back/ Bi's

Day 4: Recovery / Regeneration

Day 5: Full Upper Body Circuit (Beast Mode)

Day 6: Full Lower Body Circuit (Beast Mode)

Day 7: Rest / Reset

This program will require your upmost discipline, across the next four weeks. You'll increase reps, volume, and intensity. Circuits grow longer. Sets get heavier. Movements stay raw and primal — just like you should be.

Training Structure/

Explosive Focus Days (Days 1–3)

Each of these sessions isolates a major muscle group with explosive movement emphasis — push-ups, jump squats, chin-ups, carries. Load increases through reps and sets weekly. Every rep is an attack. Every pause is a coil for detonation.

Day 1 – Frogman Chest/Tris (Explosive Power)

Focus: Push strength, shoulder drive, explosive pressing Signature Movements:

Dive Bomber Push-ups, Deficit Push-ups, Handstand/Military Press

****Rest 20 second between sets, 2-3 minutes between exercises.**

Day 2 – Frog Legs (Explosive Power)

Focus: Jump height, quad/glute explosion, control under fatigue

Signature Movements: Jump Squats, Prison Squats, Jumping Lunges

****Rest 20 second between sets, 2-3 minutes between exercises.**

Day 3 – Frogman Back/Bi's (Explosive Power)

Focus: Vertical pull strength, grip deathlock, isometric capacity

Signature Movements: Jumping Pull-ups, Hercules Chin-ups, Farmer Carries

****Rest 20 second between sets, 2-3 minutes between exercises.**

Training Structure/

Circuit Inferno Days (Days 5–6: Beast Mode)

These aren't workouts. They're crucibles. Entire circuits are completed 3–4 rounds, no mercy. Minimal rest. Zero excuses. The goal isn't to survive — it's to be reborn.

Day 5 – Upper Body Beast Mode Push-pull-burn:

dive bombers, planks, burpees, incline presses, slams, neck bridges Built for shoulder armor, chest density, and savage energy expenditure

Day 6 – Lower Body Beast Mode Quads. Glutes. Core. All of it under siege. Movements like air squats, jumping squats, sit-ups, and planks create brutal endurance + muscular grit

Training Structure/

VOLUME & PROGRESSION

Super Human 30 is built around progressive loading through exhaustion — volume, reps, and intensity escalate weekly:

Week 1: Baseline — 3–4 sets, moderate reps, all-out effort encouraged

Week 2: Volume bumps — +1 set, more reps, longer planks

Week 3: Expansion — highest volume, highest effort. You're burning now.

Week 4: Final Boss Week — everything increases. Failure is mandatory.

Each week adds intensity either through:

- Increased set/reps
- More circuit rounds
- Higher volume carry
- Longer plank times
- Reduced rest time

You're not just training. You're transforming. From man to machine. From man to Super Human

RECOVERY + DELoad Strategy

Day 4 & Day 7 = REST & RECOVERY

Do NOT skip these. The nervous system needs time to reset or you'll crash out mid-program. These days restore the warrior for another round in the arena.

Post-Week 4:

Take 1 full week to deload. Cut sets or reduce reps. Let your body consolidate the gains.

Then hit the cycle again. Stronger. Meaner. More savage.

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WORKOUT PROGRAM

Week 1

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Day 1 Frogman Chest/Tri's (Explosive Power)

**Rest 20 seconds between each set. Rest 2-3 minutes between exercises.

EXERCISE	SETS	REPS
Dive Bomber Push-ups	3	12 (as many as possible)
Decline Push-ups	3	12 (pause 2 secs/explode up)
Dips	3	12 (control down/explode up)
Incline Push-ups	3	15 (many as possible)
Deficit Push-ups	3	12 (pause 2 secs/explode up)
Hand Stand/Military Press	3	12 (hold as long as possible)

Day 2 Frog Legs (Explosive Power)

**Rest 20 seconds between each set. Rest 2-3 minutes between exercises.

EXERCISE	SETS	REPS
Air Squats	4	15 (as many as possible)
Jump Squats	4	10 (explode into air)
Lunges	4	10 (controlled flexing at top)
Jumping Lunges	3	10 (explode into air)
Prison Squats	2	15 (pause 2 secs/explode up)

Day 3 FrogmanBack/Bi's (Explosive Power)

**Rest 20 seconds between each set. Rest 2-3 minutes between exercises.

EXERCISE	SETS	REPS
Jumping Pull-ups	3	4 (as many as possible)
Regular Pull ups	3	4 (as many as possible)
Jumping Chin-ups	3	4 (as many as possible)
Regular Chin-ups	3	4 (as many as possible)
Hercules Chin-ups	4	5 (as many as possible)
Dumbbell Farmer Carry	3	(40 lbs carry long as possible)

Week 1

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Day 4 Rest/Relax/Recovery

Day 5 Frogman Upper Body (Beast Mode)

**Start with burpees and go down the list, doing each exercise one after the other. Once you finish the last one, go back to the top and repeat. Do the full circuit 4 times total.

EXERCISE	Circuit 3x	REPS
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Burpees		(as many as possible)
Push-ups		(as many as possible)
Dive Bombers		(as many as possible)
Ball Slam or Leg Raises		(as many as possible)
Incline Push-ups		(as many as possible)
Neck Bridges		(as many as possible)
Planks (1 minute)		(For as long as possible)

Day 6 Frogman Lower Body (Beast Mode)

**Start with burpees and go down the list, doing each exercise one after the other. Once you finish the last one, go back to the top and repeat. Do the full circuit 4 times total.

EXERCISE	Circuit 3x	REPS
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Prison Squats		(as many as possible)
Air Squats		(as many as possible)
Alternating Lunges		(as many as possible)
Jumping Squats		(as many as possible)
Sit-ups		(as many as possible)
Planks(1 minute)		(until failure)

Day 7 Rest/Relax/Recovery

Week 2

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Day 1 Frogman Chest/Tri's (Explosive Power)

**Rest 20 seconds between each set. Rest 2-3 minutes between exercises.

EXERCISE	SETS	REPS
Dive Bomber Push-ups	4	20 (as many as possible)
Decline Push-ups	3	15 (pause 2 secs/explode up)
Dips	3	12 (control down/explode up)
Incline Push-ups	3	15 (many as possible)
Deficit Push-ups	3	12 (pause 2 secs/explode up)
Hand Stand/Military Press	3	12 (hold as long as possible)

Day 2 Frog Legs (Explosive Power)

**Rest 20 seconds between each set. Rest 2-3 minutes between exercises.

EXERCISE	SETS	REPS
Air Squats	4	15 (as many as possible)
Jump Squats	5	8 (explode into air)
Lunges	4	10 (controlled flexing at top)
Jumping Lunges	4	10 (explode into air)
Prison Squats	3	15 (pause 2 secs/explode up)

Day 3 FrogmanBack/Bi's (Explosive Power)

**Rest 20 seconds between each set. Rest 2-3 minutes between exercises.

EXERCISE	SETS	REPS
Jumping Pull-ups	3	7 (as many as possible)
Regular Pull ups	3	5 (as many as possible)
Jumping Chin-ups	3	6 (as many as possible)
Regular Chin-ups	3	4 (as many as possible)
Hercules Chin-ups	4	5 (as many as possible)
Dumbbell Farmer Carry	3	(40 lbs carry long as possible)

Day 4 Rest/Relax/Recovery

Day 5 Frogman Upper Body (Beast Mode)

**Start with burpees and go down the list, doing each exercise one after the other. Once you finish the last one, go back to the top and repeat. Do the full circuit 4 times total.

EXERCISE	Circuit 3x	REPS
Burpees		(as many as possible)
Push-ups		(as many as possible)
Dive Bombers		(as many as possible)
Ball Slam or Leg Raises		(as many as possible)
Incline Push-ups		(as many as possible)
Neck Bridges		(as many as possible)
Planks (1 minute)		(For as long as possible)

Day 6 Frogman Lower Body (Beast Mode)

**Start with burpees and go down the list, doing each exercise one after the other. Once you finish the last one, go back to the top and repeat. Do the full circuit 4 times total.

EXERCISE	Circuit 3x	REPS
Prison Squats		(as many as possible)
Air Squats		(as many as possible)
Alternating Lunges		(as many as possible)
Jumping Squats		(as many as possible)
Sit-ups		(as many as possible)
Planks(1 minute)		(until failure)

Day 7 Rest/Relax/Recovery

Week 3

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Day 1 Frogman Chest/Tri's (Explosive Power)

**Rest 20 seconds between each set. Rest 2-3 minutes between exercises.

EXERCISE	SETS	REPS
Dive Bomber Push-ups	4	20 (as many as possible)
Decline Push-ups	3	12 (pause 2 secs/explode up)
Dips	4	12 (control down/explode up)
Incline Push-ups	3	15 (many as possible)
Deficit Push-ups	3	12 (pause 2 secs/explode up)
Hand Stand/Military Press	4	12 (hold as long as possible)

Day 2 Frog Legs (Explosive Power)

**Rest 20 seconds between each set. Rest 2-3 minutes between exercises.

EXERCISE	SETS	REPS
Air Squats	4	15 (as many as possible)
Jump Squats	5	8 (explode into air)
Lunges	4	10 (controlled flexing at top)
Jumping Lunges	4	10 (explode into air)
Prison Squats	3	15 (pause 2 secs/explode up)

Day 3 FrogmanBack/Bi's (Explosive Power)

**Rest 20 seconds between each set. Rest 2-3 minutes between exercises.

EXERCISE	SETS	REPS
Jumping Pull-ups	4	7 (as many as possible)
Regular Pull ups	3	5 (as many as possible)
Jumping Chin-ups	4	6 (as many as possible)
Regular Chin-ups	3	4 (as many as possible)
Hercules Chin-ups	5	5 (as many as possible)
Dumbbell Farmer Carry	4	(40 lbs carry long as possible)

Week 3

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Day 4 Rest/Relax/Recovery

Day 5 Frogman Upper Body (Beast Mode)

**Start with burpees and go down the list, doing each exercise one after the other. Once you finish the last one, go back to the top and repeat. Do the full circuit 4 times total.

EXERCISE

Circuit 4x

REPS

Burpees	(as many as possible)
Decline Push-ups	(as many as possible)
Dive Bombers	(as many as possible)
Ball Slam or Leg Raises	(as many as possible)
Incline Push-ups	(as many as possible)
Neck Bridges	(as many as possible)
Planks (1:30 minute)	(For as long as possible)

Day 6 Frogman Lower Body (Beast Mode)

**Start with Prison Squats and go down the list, doing each exercise one after the other. Once you finish the last one, go back to the top and repeat.
Do the full circuit 3x times total.

EXERCISE

Circuit 4x

REPS

Prison Squats	(as many as possible)
Air Squats	(as many as possible)
Alternating Lunges	(as many as possible)
Jumping Squats	(as many as possible)
Sit-ups	(as many as possible)
Planks(45 secs)	(as many as possible)

Day 7 Rest/Relax/Recovery

Week 4

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Day 1 Frogman Chest/Tri's (Explosive Power)

**Rest 20 seconds between each set. Rest 2-3 minutes between exercises.

EXERCISE	SETS	REPS
Dive Bomber Push-ups	4	20 (as many as possible)
Decline Push-ups	4	12 (pause 2 secs/explode up)
Dips	4	12 (control down/explode up)
Incline Push-ups	4	15 (many as possible)
Deficit Push-ups	3	12 (pause 2 secs/explode up)
Hand Stand/Military Press	4	12 (hold as long as possible)

Day 2 Frog Legs (Explosive Power)

**Rest 20 seconds between each set. Rest 2-3 minutes between exercises.

EXERCISE	SETS	REPS
Air Squats	4	15 (as many as possible)
Jump Squats	8	8 (explode into air)
Lunges	4	10 (controlled flexing at top)
Jumping Lunges	4	10 (explode into air)
Prison Squats	3	15 (pause 2 secs/explode up)

Day 3 FrogmanBack/Bi's (Explosive Power)

**Rest 20 seconds between each set. Rest 2-3 minutes between exercises.

EXERCISE	SETS	REPS
Jumping Pull-ups	4	7 (as many as possible)
Regular Pull ups	4	4 (as many as possible)
Jumping Chin-ups	5	7 (as many as possible)
Regular Chin-ups	3	4 (as many as possible)
Hercules Chin-ups	5	5 (as many as possible)
Dumbbell Farmer Carry	4	(60 lbs carry long as possible)

Week 4

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Day 4 Rest/Relax/Recovery

Day 5 Frogman Upper Body (Beast Mode)

**Start with burpees and go down the list, doing each exercise one after the other. Once you finish the last one, go back to the top and repeat. Do the full circuit 4 times total.

EXERCISE	Circuit 4x	REPS
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Burpees		(as many as possible)
Push-ups		(as many as possible)
Dive Bombers		(as many as possible)
Ball Slam or Leg Raises		(as many as possible)
Incline Push-ups		(as many as possible)
Neck Bridges		(as many as possible)
Planks (1 minute)		(For as long as possible)

Day 6 Frogman Lower Body (Beast Mode)

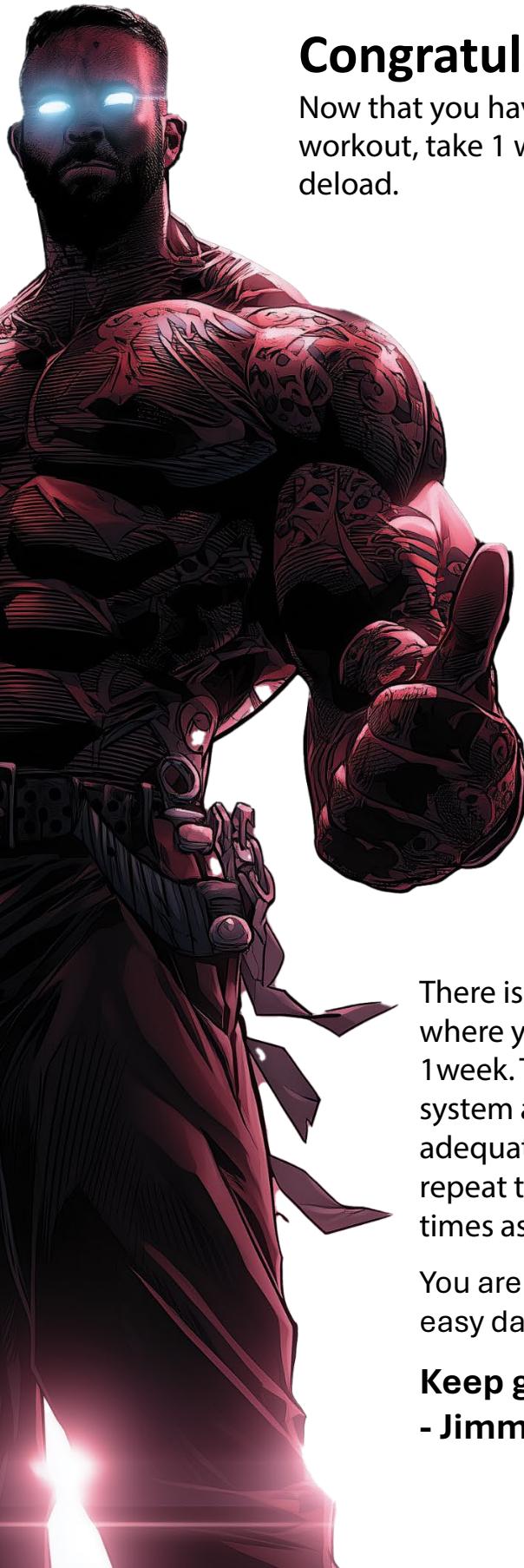
**Start with Prison Squats and go down the list, doing each exercise one after the other. Once you finish the last one, go back to the top and repeat. Do the full circuit 4x times total.

EXERCISE	Circuit 4x	REPS
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Prison Squats		(as many as possible)
Air Squats		(as many as possible)
Alternating Lunges		(as many as possible)
Jumping Squats		(as many as possible)
Sit-ups		(as many as possible)
Planks(1 minute)		(until failure)

Day 7 Rest/Relax/Recovery

YOU ARE A BEAST!!!



Congratulations!!!

Now that you have completed this workout, take 1 week to reload and deload.

This means take it easy and do not increase sets or numbers. You may even want to decrease sets and reps significantly; however, If you feel good (after week 4) you may continue to up the reps for 1-2 weeks but not sets.

Keep in mind, if you are in fact doing as many reps as possible "failure", you are technically conducting a "progressive loading" workout.

There is a point, around week 4 where you need to taper off for 1 week. This will reset your nervous system and overall give you adequate rest so you can wash n repeat this entire workout as many times as possible during the year!

You are NEVER finished! The only easy day was yesterday!

Keep grindin, Keep shinin!
- Jimmy Watson.