

THE AVENGERS WORKOUT CHALLENGE

Complete the six exercises below in as few sets as possible. To achieve a perfect score, finish each exercise in a single set. Complete each exercise before moving on to the next.

BLACK WIDOW MAKER SQUATS



20 reps of barbell squats with the bar remaining on your shoulders.

GOAL: Complete 20 reps at a weight on the bar that equals your bodyweight. You can rest, but the bar must remain on your shoulders.

S.H.I.E.L.D.: Complete 20 reps at a weight that's comfortable for you, taking as many sets as necessary (instead of one 20-rep set).

Sets to complete: _____

HAWKEYE PULL-UPS



20 Archer Pull Ups (10 each side)

GOAL: You need serious back strength to launch arrows with the power and accuracy of Hawkeye. And what better way to get that strength than with the appropriately named Archer Pull-up?

S.H.I.E.L.D.: Unable to do archer pull ups? Do regular pull-ups, assisted with a band or on a machine.

Sets to complete: _____

IRON MAN BOOSTS



20 Box Jumps

GOAL: Imagine you have a rocket propulsion system strapped to the bottom of your feet. Stand in front of a box or bench at least 24 inches tall, and launch yourself as high as possible, landing softly on the bench or chair. And then STEP DOWN (don't jump down).

S.H.I.E.L.D.: Step ups onto the bench.

Sets to complete: _____

CAPTAIN AMERICA SHIELD LAUNCHES



30 Plyometric Push-ups

GOAL: Imagine you have a shield made of Adamantium, and there is a robot on the other side of it trying to get through. You want to push that robot 100 yards away with your super soldier strength. Complete plyometric push ups as if you were launching your shield into an enemy.

S.H.I.E.L.D.: 40 regular push-ups, or knee push-ups.

Sets to complete: _____

HULK LIFTS



30 barbell deadlifts at bodyweight

GOAL: The Hulk has tree trunks for legs (though thankfully his shorts increase in size when he transforms). If you're going to pick up cars and throw them at people, or toss enemies around like rag dolls, it's time to level up your barbell deadlifts.

S.H.I.E.L.D.: 30 deadlifts at half-bodyweight. Reduce the weight - a great place to start is half bodyweight, but don't be afraid to try less!

Sets to complete: _____

HAMMERS OF THOR



30 swings of a sledgehammer into a tire

GOAL: Thor can call the power of lightning, but it's his strength that allows him to wield his famous hammer.

No access to hammer and tire? Do Kettlebell/dumbbell clean and presses, as if you were picking up Thor's hammer and raising it to the heavens.

S.H.I.E.L.D.: 30 kettlebell/dumbbell clean and presses of 30 pounds (or less depending on your skill). No prescribed weight. Just say KB.

Sets to complete: _____

S.H.I.E.L.D LEVEL: _____

How many total sets did it take to complete the Avengers Workout Challenge?

6-9 sets: Avenger Hero

10-15 sets: Avenger Recruit

16-20 sets: S.H.I.E.L.D Agent

21+ sets: S.H.I.E.L.D Agent in training