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Welcome to the Real Life  
Superman Podcast, episode 02.  
Today, we're going to learn the  
few essential steps to put into  
action to ensure any of your  
dreams can become reality. You

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see, success is no accident.  
There's a formula you can follow  
that will ultimately lead you to a  
life of joy, achievement and  
richness. So, if you...

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Body & Brains of Your Dreams!  
How to Get the Most Out of Your  
Physical Training You're going to  
the gym on a daily basis,  
spending hours sweating your  
butt off, and you're still in the  
same place you were weeks ago.  
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How to Get the Most Out of Your  
... - Real Life Superman

In real life, a bunch of muscles

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work together to make a movement happen. With bodyweight exercises, you're engaging all the targeted muscle groups at once, along with all those muscles' stabilizers, that machines tend to ignore.

Improves Flexibility & Range of

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7 Benefits of Bodyweight Training

| Real Life Superman

Exercises he's known to have  
included in his training are:

barbell Bulgarian split squat;

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squats; pull-ups; deadlifts;  
kettlebell training; burpees;  
CrossFit-style lifts; gymnastics

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Henry Cavill Workout: How to Do  
It, Cautions, and More

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Life Superman)

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A real life "Superman" celebrates  
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the deadliest cancers Clinical trial

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he was enrolled in starts new  
phase that could potentially help  
even more patients.

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5 years of survival from ...

SpiderMan Training some Crazy



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Martial Arts, Tricking (Extreme Kicks & Flips) and tumbling skills in real life! I hope you enjoy the video and Please Like, Co...

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SPIDERMAN TRAINING In Real Life  
| Kicks & Flips (Tricking ...

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OK, that isn't the real reason, but it sure is dull. It's called steady state because your body reaches a certain heart rate (that is accompanied by a certain oxygen uptake) and it stays there for the duration of your exercise. The problem is the human body is

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HIIT Exercise: Cardio Workout for  
6pack | Real Life Superman  
Top 5 Spiderman Parkour POV /  
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Spiderman Parkour POV / Spider-

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Top 5 Spiderman Parkour POV /  
Spider-Man in Real Life ...

Being a real life superhero means  
that you're going to be actively  
walking around. This can become

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difficult if you're wearing a heavy costume while trying to stop crime. Good exercises to increase your stamina include running, jogging, walking, cycling, swimming, and doing circuit exercises.

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How to Become a Real Life  
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Superhero: 14 Steps (with  
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Pictures)

Originally, the reason for  
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Superman's abilities was not  
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explicitly detailed - other than  
stating Superman is an alien.

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However, as the Superman character developed over the years, DC writers attempted to provide real world explanations for the hero's super powers, settling on the idea that Superman receives his abilities from stored-up solar energy - via

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Earth's yellow sun.  
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