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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. Whether you're just starting out or you've recently hit a plateau, not seeing results can be insanely

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frustrating, and confusing.

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*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
see, success is no accident.
There's a formula you can follow
that will ultimately lead you to a*

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*life of joy, achievement and
richness. So, if you ...*

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*Oh crap, I think I forgot how to
drive. All aboard the struggle bus!
We know social distancing is*

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hard. #StayHome and laugh
#WithUs - we will be making
songs...

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how to live life on the edge make
it one crazy adventure and have
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*However, that doesn't mean that
someone can't become a real life
superhero. Across the world,
regular people are donning
costumes and creating personas
to prevent crime and help their*

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communities. *Becoming a real life
superhero isn't easy, and you
should consider the risks and
effort that come with it.*

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How to Become a Real Life

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*Superhero: 14 Steps (with
Pictures)*

As the Superman character developed over the years, DC writers have attempted to provide real world-based explanations for the hero's super powers.

Originally, the reason behind

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Superman's abilities was not detailed (beyond his extra-terrestrial heritage); however, the modern Superman receives his abilities from stored-up solar energy - via Earth's yellow sun.

Markus A. Kassel (Author of Real

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Life Superman)
Skills Training. The biggest
change I recommend though is
something I just started doing
lately: skills training. My regular
workouts take up four days a
week and on the fifth day, I train
for 'Batman like skills'. These

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