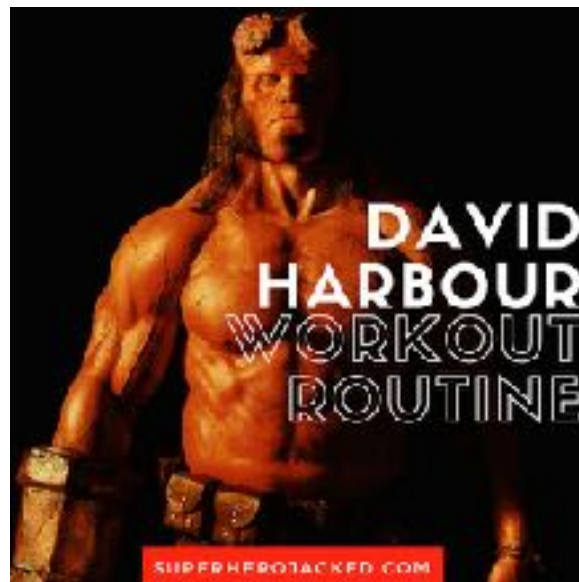


DAVID HARBOUR

WORKOUT ROUTINE



BONUS PDF FILE

By: Mike Romaine

 **SUPERHERO**  **JACKED** 

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David Harbour

Workout Routine:

Training Volume:

4+ days

Explanation:

Sticking to a typical bodybuilding style path we're going to train 4 days a week minimum to get all our compound lifts in, and then within those I'm also going to be programming some circuits for the toning/cutting aspect as well.

Day One: Bench Press and Circuit

Warm Up:

Stretch

Jog 800m

Workout:

Barbell Bench Press

5×10,8,5,3,3

Tricep Overhead Extension (Dumbbell)

3×10

Incline Chest Flys (Dumbbell)

3×10

Weight Dips

3×Failure

Circuit:

3 Rounds for Time:

25 Push Ups

20 Lunges

15 V-Ups

10 Burpees

Day Two: Squats and Circuit

Warm Up:

Stretch

Jog 800m

Workout:

Back Squats

5×10,8,5,3,3

Weighted Step Ups

3×10

Weighted Calf Raises

3×10

Leg Press

3×12

Circuit:

3 Rounds for Time:

25 Air Squats

20 Dips

15 V-Ups

10 Box Jumps

Day Three: Military Press and Circuit

Warm Up:

Stretch

Jog 800m

Workout:

Military Press (Barbell)

5×10,8,5,3,3

Barbell Shrugs

3×10

Arnold Press

3×10

Front Shoulder Raises (Dumbbell)

3×15

Circuit:

3 Rounds for Time:

25 Ball Slams

20 Push Ups

15 Sit Ups

10 Pistol Squats

Day Four: Deadlifts and Circuit

Warm Up:

Stretch

Jog 800m

Workout:

Deadlift

5×10,8,5,3,3

Dumbbell Rows

3×10

Lateral Pulldowns

3×10

Face Pulls

3×10

Circuit:

3 Rounds for Time:

25 Ring Rows

20 Jump Squats

15 Second Reverse Superman

10 Pull Ups