

THE MOUNTAIN

WORKOUT ROUTINE



BONUS PDF FILE

By: Mike Romaine

 **SUPERHERO** ⚡ **JACKED** 

Copyright Notice

No part of this report may be reproduced or transmitted in any form whatsoever, electronic, or mechanical, including photocopying, recording, or by any informational storage or retrieval system without expressed written, dated and signed permission from the author. All copyrights are reserved.

Disclaimer and/or Legal Notices

The information provided in this book is for educational purposes only. I am not a doctor and this is not meant to be taken as medical advice.

The information provided in this book is based upon my experiences as well as my interpretations of the current research available.

The advice and tips given in this course are meant for healthy adults only. You should consult your physician to insure the tips given in this course are appropriate for your individual circumstances.

If you have any health issues or pre-existing conditions, please consult with your physician before implementing any of the information provided in this course.

This product is for informational purposes only and the author does not accept any responsibilities for any liabilities or damages, real or perceived, resulting from the use of this information.

The Mountain Workout Routine

Training Volume:

The training volume can obviously be fluctuated as you will probably not be able to do Strongman Event Practice. Feel free to implement lifts, or just get active!

Explanation:

This is the exact workout given to us for Hafþór Júlíus Björnsson, The Mountain. You can switch things up to fit your specific needs, as you should.

Day

Monday

Squats

3 sets of 10 reps

5 sets of 5 reps

3 sets of 3 reps

Military Press

4 sets of 8 reps

5 sets of 5 reps

5 sets of 3 reps

Power Cleans

5 sets of 5 reps

5 sets of 3 reps

5 sets of 2 reps

Chin Ups

3 sets to failure

Bent Over Rows

3 sets of 10 reps

Wednesday

Dead Lift

3 sets of 10 reps

5 sets of 5 reps

3 sets of 3 reps

Conditioning

30 minutes (Sprints, kettle bells, circuit training)

Push Press

3 sets of 10 reps

5 sets of 5 reps

5 sets of 2 reps

Friday

Speed or Deficit Dead Lift

5 sets of 5 reps

3 sets of 3 reps

5 sets of 5 reps

Front Squat

3 sets of 10 reps

5 sets of 5 reps

3 sets of 3 reps

Bench Press

3 sets of 10 reps

5 sets of 5 reps

5 sets of 3 reps

Upper Body Assistance Exercises

Any two exercises done for 3 sets to failure

Core Exercises

10 Minutes

Saturday

Strongman Event Practice

3-4 events with 3 sets of each event

Sunday

Strongman Event Practice

3-4 events with 1-2 sets of each event