

DAVE BATISTA

WORKOUT ROUTINE



BONUS PDF FILE

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 **SUPERHERO**  **JACKED** 

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Dave Batista Workout Routine

Training Volume:

4-5 Days a Week

Day One: Chest and Triceps

Bench Press

5x10

Overhead Tricep Extension

3x10

Weighted Dips

3x15

Cable Flys

3x10

Cable Tricep Pushdowns

3x10

Incline Chest Press

3x10

Skull Crushers

3x10

Close Grip Bench

3x10

Day Two: Shoulders and Traps

Military Press

5x10

Dumbbell Shrugs

3x15

Shoulder Front Raises

3x10

Arnold Press

3x10

Weighted Chin Ups

3x10

Barbell Shrugs

3x10

Cable Front Raises

3x10

Shoulder Flys

3x10

Day Three: Light Full Body Circuit

Machine Chest Press:

3x10

Machine Shoulder Press:

3x10

Machine Rows:

3x10

Weighted Lunges:

3x10

Machine Preacher Curls:

3x10

Tricep Push Downs:

3x10

Day Four: Back and Biceps

Deadlift

5x10

Dumbbell Bicep Curl

3x10

Dumbbell Rows

3x10

Wide Grip Pull Ups

3x10

Preacher Curls

3x10

Lateral Pull Downs

3x10

Hammer Curls

3x10

Cable Rows

3x10

Day Five: Legs and Calves

Back Squats

5x10

Standing Calf Raises

3x10

Weighted Step Ups

3x10

Front Squats

3x10

Leg Press

3x10

Seated Calf Raises

3x10

Hamstring Curls

3x10

Hack Squats

3x10