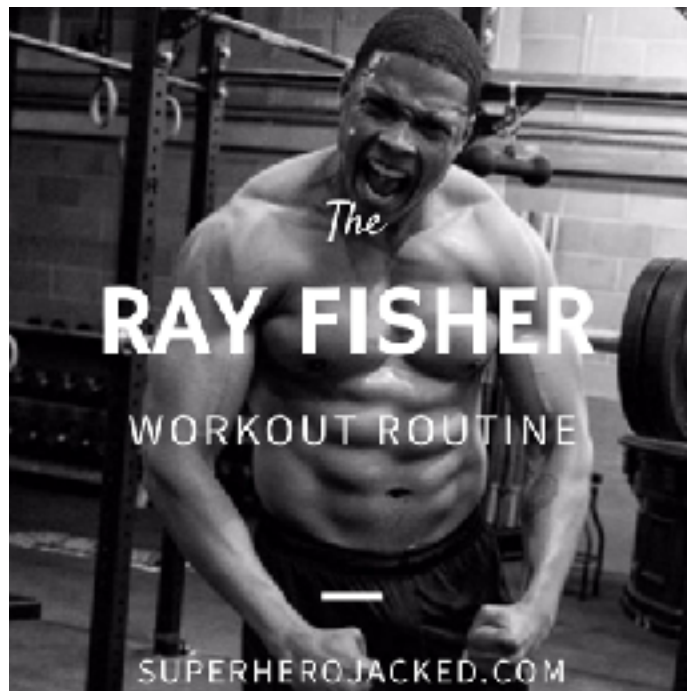


RAY FISHER

WORKOUT ROUTINE



BONUS PDF FILE

By: Mike Romaine

 **SUPERHERO**  **JACKED** 

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Ray Fisher

Workout Routine:

Training Volume:

3 Days on and One Day Off

Explanation:

We'll be revolving our routine around our compound lifts and olympic lifts. Our compounds and olympic lifts will rule the start of our routine, and will be followed up by a circuit styled training to incorporate our cardio.

Day One: Deadlifts

Warm Up

5-10 minutes of stretching

800m jog

3x10 Pull Ups

3x20 Push Ups

Workout

Deadlifts

5x10,8,5,3,1

Barbell Bicep Curls

3x10

Barbell Rows

3x10

Straight Leg Deadlifts

3x10

Circuit

21-15-9

(First Set 21 of each, Second Set 15 of each, Third Set 9 of each)

Deadlifts @135 lbs. and Box Jumps

Day Two: Bench Press

Warm Up

5-10 minutes of stretching

800m jog

3x10 Pull Ups

3x20 Push Ups

Workout

Bench Press

5x10,8,5,3,1

Close Grip Bench Press

3x10

Dips

3x10-15

Skull Crushers

3x12

Circuit

60 Calorie Row (or jog)

50 Push Ups

40 Wall Balls

30 Dips

20 Burpees

10 DB Snatches each Arm (20-50 lbs.)

Day Three: Military Press

Warm Up

5-10 minutes of stretching

800m jog

3x10 Pull Ups

3x20 Push Ups

Workout

Military Press

5x10,8,5,3,1

Barbell Shrugs

3x15

Arnold Press

3x10

Power Cleans

3x10

Circuit

3 Rounds for Time

400m run

15 Power Cleans @95 lbs.

12 Kettlebell Swings

10 Lunges @95 lbs.

Day Four: Off Day

Take a break.

Do some yoga or meditating.

Unleash that inner machine.

Day Five: Squats

Warm Up

5-10 minutes of stretching

800m jog

3x10 Pull Ups

3x15 Air Squats

3x20 Push Ups

Workout

Back Squats

5x10,8,5,3,1

Weighted Step Ups

3x10

Weighted Lunges

3x12

Front Squats

3x10

Circuit

21-15-9

Front Squats@95 lbs and Pull Ups

Day Five: Power Cleans

Warm Up

5-10 minutes of stretching

800m jog

3x10 Pull Ups

3x15 Air Squats

3x20 Push Ups

Workout

Power Cleans

5x10,8,5,3,3

Light Front Squats

3x10

Clean and Squats

3x10

Power Clean and Press

3x10

Circuit

60 Calorie Row (or jog)

50 Light Clean and Press

40 Air Squats

30 Double Unders (Jump Rope)

20 Heavy Power Cleans

10 Burpees

Day Six: Light Full Body Day

Warm Up

5-10 minutes of stretching

800m jog

3×10 Pull Ups

3×15 Air Squats

3×20 Push Ups

Workout

Light Front Squats

3×10

Light Straight Leg Deadlift

3×10

Light Overhead Squats

3×10

Dumbbell Bicep Curl Step Ups (on a box)

3×12

Circuit

5 Rounds for Time

25 Calorie Jog

25 Light Deadlifts @95-135 lbs.

25 Pull Ups

25 Box Jumps

25 Push Ups

