

SCOTT ADKINS

WORKOUT ROUTINE



BONUS PDF FILE

BY: MIKE ROMAINE

 **SUPERHERO**  **JACKED** 

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Scott Adkins

Workout Routine

Training Volume:

5-6 Days

Explanation:

3 Days of Weight Training and 3 Days of Cardio or Mixed Martial Arts Training

(Check out Coach Derek Mellino if you'd like to incorporate your own)

Day One: Chest and Triceps

Bench Press

3x8-12

Dips (Scott mentions loving Dips for Triceps)

3x15

Incline Bench Press

3x8-12

Overhead Tricep Extension

3x8-12

Chest Flys

3x8-12

Tricep Cable Pushdowns

3x8-12

Push Ups

3x25

Kick Backs (Cable or DB)

3x8-12

Day Two: Cardio/MMA Day

I'm going to give you cardio options, although we know Scott does not prefer them. He uses MMA styles of training, which of course, if you want those you can check out the programming we have within one of The Academy Paths: The Fighter Path (Deadpool/Harley Quinn), which is coached by Derek Mellino.

Cardio Options:

60 min swapping in and out!

15-20 minutes HIIT training options:

1 min on 1 min off on treadmill or bike

Treadmill: 1 min on = sprint 6-10mph and 1 min off = walk 2.5-3.5mph

Bike: 1 min on = over 100 RPMs at level 10 and 1 min off = steady lower RPMs at level 3-5

15-20 Steady Paced cardio options:

Treadmill, Bike, Elliptical, Stair Master

Day Three: Back and Biceps

Deadlift

3x8-12

Dumbbell Bicep Curls

3x8-12

Cable Rows

3x8-12

Preacher Curls

3x8-12

Wide Grip Pull Ups

3x-8-12

Hammer Curls

3x8-12

Lateral Pulldowns

3x8-12

Barbell Bentover Rows

3x8-12

Day Four: Cardio/MMA Day

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Cardio Options:

60 min swapping in and out!

15-20 minutes HIIT training options:

1 min on 1 min off on treadmill or bike

Treadmill: 1 min on = sprint 6-10mph and 1 min off = walk 2.5-3.5mph

Bike: 1 min on = over 100 RPMs at level 10 and 1 min off = steady lower RPMs at level 3-5

15-20 Steady Paced cardio options:

Treadmill, Bike, Elliptical, Stair Master

Day Five: Legs and Shoulders

Back Squats

3x8-12

Military Press

3x8-12

Leg Press

3x8-12

Arnold Press

3x8-12

Hamstring Curls

3x8-12

Shoulder Front Raise (DB)

3x8-12

Calf Raises

3x8-12

Shrugs (DB or BB)

3x8-12

Day Six:Optional Cardio/MMA Day

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Cardio Options:

60 min swapping in and out!

15-20 minutes HIIT training options:

1 min on 1 min off on treadmill or bike

Treadmill: 1 min on = sprint 6-10mph and 1 min off = walk 2.5-3.5mph

Bike: 1 min on = over 100 RPMs at level 10 and 1 min off = steady lower RPMs at level 3-5

15-20 Steady Paced cardio options:

Treadmill, Bike, Elliptical, Stair Master