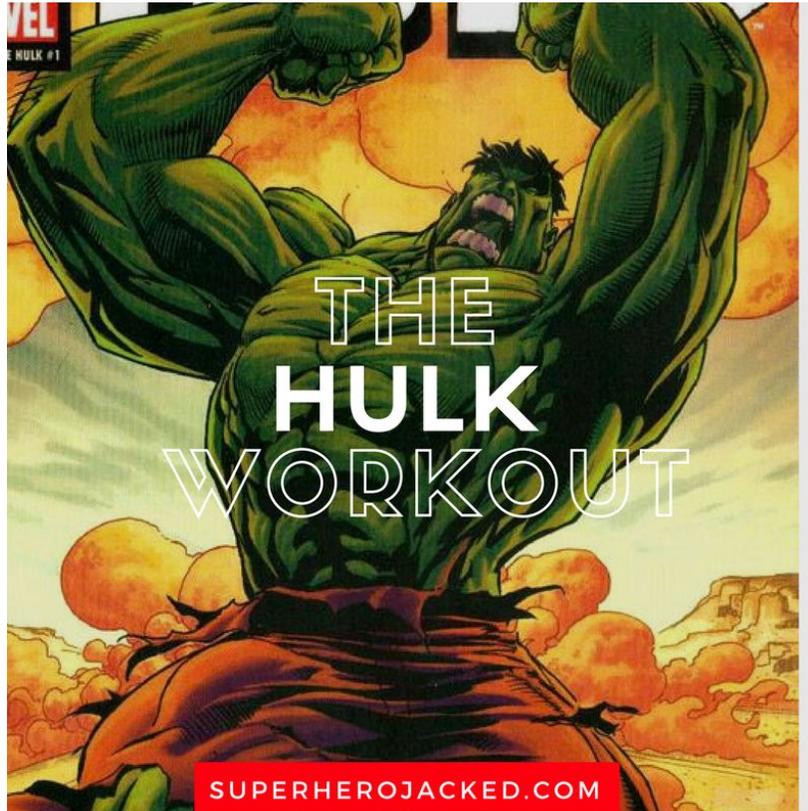


The Hulk Workout Routine



Bonus PDF File
By: **Mike Romaine**



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The Hulk Workout Routine

Training Volume:

5-6 days per week

This one has been stepped up to 5 days from the usual 4-6 because it's the freakin' Hulk people!

Explanation:

We're talking about The Hulk here! This routine is pretty brutal. BUT, it's effective and will leave you sore and wanting more. There are 5 days of programmed training, and the other 1-2 days can be added as activity or mixed martial arts training. All heroes should know how to defend themselves.

What you need to know:

A Superset means you're performing those movements back to back. If a movement is part of "Superset 1" it's part of the grouping of movements in that superset and you perform them back to back and then proceed to break and do another set [of those movements] after.

HIIT stands for High Intensity Interval Training. Do one minute ON (sprint 6-10mph) and one minute OFF (walk 2.5-3.3mph) for 25 minutes. That means you go back and forth every minute for the duration. On, off, on, off, etc.

When lifting your initial lifts/compounds (especially), you should be using [pyramid training](#).

Day 1: Bench Press

-10 min Incline Walk

-Bench Press: 10, 8, 5, 3, 1

- Incline Dumbbell Bench Press: 3X10-super set 1
- Dumbbell Chest Flies: 3X10-super set 1
- Decline Cable Flies: 3X10-super set 2
- Dumbbell Bench Press: 3X10-super set 2
- Box Jumps: 3X10-super set 3
- Rapid Alternating Step Ups: 3X10(each)-super set 3
- Tuck Jumps: 3X10-super set 4
- Incline Sprints: 3X1 min-super set 4
- Jump and Reach: 3X10-super set 5
- Four Square Hop: 3X10(squares)-super set 5

Day 2: Squats

- 10 min Incline Walk
- Squats: 10, 8, 5, 3, 1
- Leg Press: 3X10-super set 1
- Lunges: 3X10(each)-super set 1
- Step Ups: 3X10(each)-super set 2
- Calf Raises: 3X10-super set 2
- Box Jumps: 3X10-super set 3

-Rapid Alternating Step Ups: 3X10(each)-super set 3

-Tuck Jumps: 3X10-super set 4

-Incline Sprints: 3X1 min-super set 4

-Jump and Reach: 3X10-super set 5

-Four Square Hop: 3X10(squares)-super set 5

Day 3: Military Press

-10 min Incline Walk

-Military Press: 10, 8, 5, 3, 1

-Arnold Press: 3X10-super set 1

-Shrugs: 3X10-super set 1

-Front Raises: 3X10-super set 2

-Lateral Raises: 3X10-super set 2

-Box Jumps: 3X10-super set 3

-Rapid Alternating Step Ups: 3X10(each)-super set 3

-Tuck Jumps: 3X10-super set 4

-Incline Sprints: 3X1 min-super set 4

-Jump and Reach: 3X10-super set 5

-Four Square Hop: 3X10(squares)-super set 5

Day 4: Deadlifts

-10 min incline walk

-Deadlifts: 10, 8, 5, 3, 1

-Cable Rows: 3X10-super set 1

-One Arm Dumbbell Rows: 3X10(each)-super set 1

-Lateral Pull Downs: 3X10-super set 2

-Bent Over Rows: 3X10-super set 2

-Box Jumps: 3X10-super set 3

-Rapid Alternating Step Ups: 3X10(each)-super set 3

-Tuck Jumps: 3X10-super set 4

-Incline Sprints: 3X1 min-super set 4

-Jump and Reach: 3X10-super set 5

-Four Square Hop: 3X10(squares)-super set 5

Day 5: Big Arms

-10 min incline walk

-Barbell Curl: 10, 8, 5, 3, 1

-Skull Crushers: 10, 8, 5, 3, 1

- Hammer Curls: 3X10-super set 1
- Preacher Curls: 3X10-super set 1
- Dumbbell Overhead Tricep Extension: 3X10-super set 2
- Cable Push Downs: 3X10-super set 2
- Box Jumps: 3X10-super set 3
- Rapid Alternating Step Ups: 3X10(each)-super set 3
- Tuck Jumps: 3X10-super set 4
- Incline Sprints: 3X1 min-super set 4
- Jump and Reach: 3X10-super set 5
- Four Square Hop: 3X10(squares)-super set 5

Bonus 1-2 Days: Activity and MMA

All heroes should know how to defend themselves.

Just ask MMA Coach Derek in [The Academy](#).

Add in an extra day or two of MMA style training to take your inner Superhero unleashing to a new level.