

ALL MIGHT WORKOUT ROUTINE



BONUS PDF FILE

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 **SUPERHERO**  **JACKED** 

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All Might Workout Routine:

Training Volume:

5 Days Per Week

Explanation:

We're going to do a 5 day split that's going to be based around our compound lifts for each body part, and then we're going to do some arms and some more Olympic styled lifts for the extra speed.

Day One: Deadlifts and Back

Warm Up:

Stretch

10-15 min incline walk

Workout:

Deadlifts

5×10, 8, 5, 3, 1

Dumbbell Rows

4×12

Lateral Pulldowns

4×12

Cable Rows

4×12

Wide Grip Pull Ups

4×12

Chin Ups

4×12

Reverse Flys

4×12

Day Two: Press and Shoulders

Warm Up:

Stretch

10-15 min incline walk

Workout:

Military Press

5×10, 8, 5, 3, 1

Dumbbell Front Raises

4×12

Barbell Shrugs

4×12

Face Pulls

4×12

Arnold Press

4×12

Upright Barbell Row

4×12

Dumbbell/Machine Shrugs

4×12

Day Three: Squats and Legs

Warm Up:

Stretch

10-15 min incline walk

Workout:

Squats

5×10, 8, 5, 3, 1

Leg Press

4×12

Quad Raises

4×12

Hamstring Curls

4×12

Weighted Lunges

4×12

Box Jumps

4×12

Glute Pushdowns

4×12

Day Four: Bench and Chest

Warm Up:

Stretch

10-15 min incline walk

Workout:

Bench Press

5×10, 8, 5, 3, 1

Incline Bench Press

4×12

Standing Dumbbell Chest Fly

4×12

Incline Chest Flys

4×12

Dips

4×12

Decline Machine Press

4×12

Pushups

4×25

Day Five: Arms and Olympic

Warm Up:

Stretch

10-15 min incline walk

Workout:

Power Cleans

5×10, 8, 5, 3, 1

Front Squats

4×12

Bicep Curls

4×12

Tricep Overhead Extension

4×12

Close Grip Bench

4×12

Preacher Curls

4×12

Thrusters

4×12