

# THE VIKING WORKOUT ROUTINE



**BONUS PDF FILE**

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 **SUPERHERO**  **JACKED** 

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# The Viking Workout Routine:

## Training Volume:

4+ Days Per Week

## Explanation:

You're always welcome to take extra days of activity to add in, but this is going to more-or-less follow a strength, four day split, for both men and women!

## Supersets:

Do both exercises once with no break, then break and finish another 2 sets in this same cycle.

Ex: 12 reps of X movement, 12 reps of Y movement, then break, then repeat.

## Day One: Chest and Triceps

### Warm Up:

Stretch

1600m Row

**Workout:**

Bench Press

5×12,10,8,5,3

Incline Bench Press (DB or BB)

3×12

Overhead Tricep Extension (Dumbbell)

3×12

Superset 1:

3×12 reps each w/ dumbbells

Chest Flys

Hex Press

Superset 2:

Tricep Cable Pushdown

Tricep Cable Kickbacks

Finisher:

Dips

3×10-20 (weighted if you can)

## Day Two: Back and Biceps

### **Warm Up:**

Stretch

1600m Row

### **Workout:**

Deadlift

5×12,10,8,5,3

Lateral Pulldowns

3×12

Bicep Curls

3×12

Superset 1:

3×12 reps each

Dumbbell Rows

Face Pulls

Superset 2:

Cable Hammer Curls

Cable Curls

Finisher:

Wide Grip Pull Ups

3×10-20 (weighted if you can)

## Day Three: Shoulders and Traps

**Warm Up:**

Stretch

1600m Row

**Workout:**

Military Press

5×12,10,8,5,3

Barbell Shrugs

3×12

Barbell Upright Rows

3×12

Superset 1:

3×12 reps each w/ dumbbells

Arnold Press

Dumbbell Front Raises

Superset 2:

Machine Shrugs (or cable shrugs)

Dumbbell Shrugs

Finisher:

Push Ups

3×20-50 (weighted if you can)

## Day Four: Legs and Calves

### **Warm Up:**

Stretch

1600m Row

### **Workout:**

Back Squats

5×12,10,8,5,3

Calf Raises (on Leg Press)

3×12-20

Leg Press



5×12,10,8,5,3

Calf Raises (on Leg Press)

Superset 1:

3×12 reps each w/ dumbbells

Weighted Step Ups (6 each leg)

Goblet Squat

Superset 2:

Straight Leg Deadlift w/ Kettlebell

Weighted Calf Raises

Finisher:

Lunges

3×10-20 (weighted if you can)