

GIMLI

WORKOUT ROUTINE



BONUS PDF FILE

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 **SUPERHERO**  **JACKED** 

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Gimli Workout Routine

Training Volume:

4+ days per week

Explanation:

We're going to be working on a 4 day lifting split that was inspired by James McAvoy's routine published this week, but with a twist.

We're going to train using some big compound lifts, followed by some big accessory work, and then the possible addition of MMA and more.

5x5 Explanation:

Perform 5 sets of 5 reps of the same weight. Progress each week. Those 5 sets do not include warm up sets.

Gimli Workout Day One:

Warm Up:

Stretch

Workout:

Deadlift

5x5

Lateral Pulldowns

4x12

Hammer Strength Rows

4x12

Face Pulls

4x12

Gimli Workout Day Two:

Warm Up:

Stretch

Workout:

Bench Press

5x5

Chest Flys

4x12

Incline Chest Press

4x12

Weighted Dips

4x12

Gimli Workout Day Three:

Warm Up:

Stretch

Workout:

Back Squat

5x5

Leg Press

4x12

Leg Extension

4x12

Hamstring Curls

4x12

Gimli Workout Day Four:

Warm Up:

Stretch

Workout:

Overhead Press

5x5

Shoulder Front Raises

4x12

Barbell Shrugs

4x12

Kettlebell Swings

4x12

Gimli Workout Bonus:

All heroes should know how to defend themselves.

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

Also check out programs on the site from Coach Derek here: [Moon Knight](#), [Deathstroke](#), [Daredevil](#).

For some Thai Boxing fun check out [Anna Diop's](#) routine.

The [Parkour Workout](#) (Nightrunner) designed by [Academy](#) member Felix.

And the Daredevil workout also has some beginner Parkour as well.