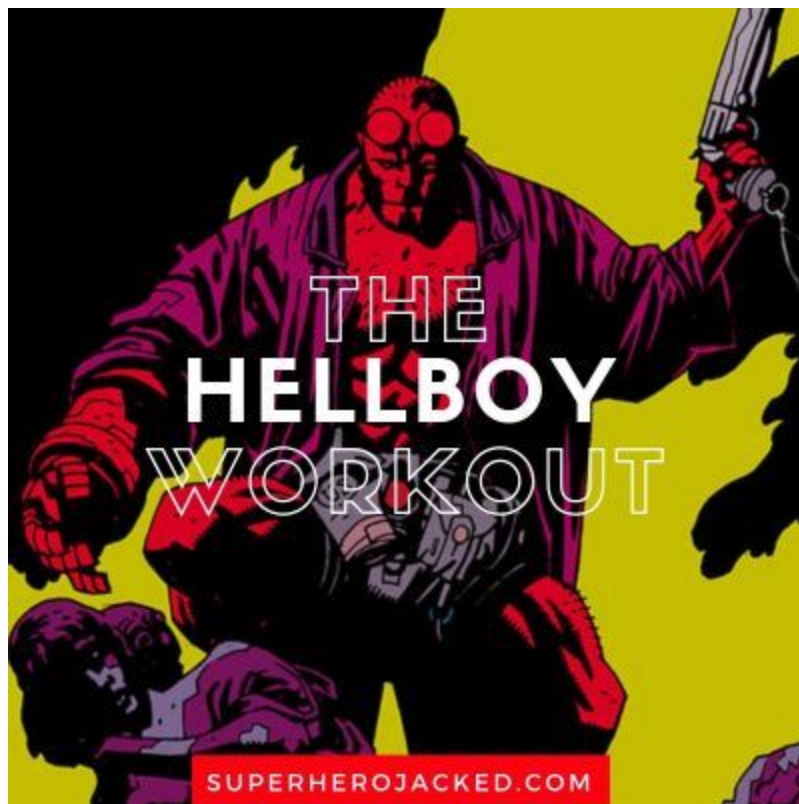


HELLBOY

WORKOUT ROUTINE



Bonus PDF File
By: Mike Romaine

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The information provided in this book is based upon my experiences as well as my interpretations of the current research available.

The advice and tips given in this course are meant for healthy adults only. You should consult your physician to insure the tips given in this course are appropriate for your individual circumstances.

If you have any health issues or pre-existing conditions, please consult with your physician before implementing any of the information provided in this course.

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HELLBOY WORKOUT ROUTINE

Training Volume:

5 days per week

Explanation:

You're going to be doing a 5 day powerlifting type split. Two days of bench and squat, one of deadlift, and two days of accessory work. Be sure to add in the extra mixed martial arts training I provide on top of the other training.

Hellboy Workout Day One: Bench and Squat

Warm Up:

Stretch

Workout:

Bench

6×12, 10, 8, 5, 5, 3

Squat

6×12, 10, 8, 5, 5, 3

Accessory:

Hamstring Curls

4×12

Chest Fly Variation (Machine, DB, Cables)

4×12

Hellboy Workout Day Two: Accessory Work

Warm Up:

Stretch

Workout:

Incline DB Bench Press

3×10

Barbell Military Press

3×10

Cable Rows

3×10

Bicep Curls (DB or EZ Bar)

3×10

Close Grip Bench

3×10

Light Leg Press

3×10

Hellboy Workout Day Three: Deadlift

Warm Up:

Stretch

Workout:

Deadlift

6×12, 10, 8, 5, 5, 3

Accessory:

T-Bar Rows

4×12

Barbell Shrugs

4×12

Hellboy Workout Day Four: Accessory Work

Warm Up:

Stretch

Workout:

Hex Press

3×10

Arnold Press

3×10

Wide Grip Pull Ups

3×10

Preacher Curls

3×10

Seated DB Overhead Extension

3×10

Glute Bridges

3×10

Hellboy Workout Day Five: Bench and Squat

Warm Up:

Stretch

Workout:

Bench

6×12, 10, 8, 5, 5, 3

Squat

6×12, 10, 8, 5, 5, 3

Accessory:

Leg [Quad] Extension

4×12

Dips

4×12

Hand to Hand Combat Bonus: Mixed Martial Arts

Choose a mixed martial arts program below:

Check out MMA 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 also has bodyweight programming attached to it you should be utilizing on this day.

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