

# GASTON INSPIRED WORKOUT ROUTINE



Bonus PDF File  
By: Mike Romaine

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# **GASTON INSPIRED WORKOUT ROUTINE**

**Training Volume:**

**5-7 days per week**

**Explanation:**

**Gaston wouldn't be worried about over training or recovery. The only thing that would stop him from going to the gym and lifting heavy weights is if he had a full day hunt going on. For that reason I'm going to be programming you a 4 day split consisting of all the heavy compound lifts and accessory work to go with it, and then at the end Gaston would simply rinse and repeat. The weekly volume would no longer matter.**

**Training Information:**

**Gaston would definitely use pyramid training and work his way up to heavy lifts that make him look the strongest. He also would really focus on his compound lifts and likely shoot for a new personal record every single time he worked out.**

**Bonus Information:**

**I will also be including a small section to remind you of the hunting, horseback riding and archery practice. This will be considered "activity days". You can obviously add in cardio or other forms of sports if you're not going to be going full Gaston mode.**

## **Gaston Inspired Workout Day One: Bench Press**

**Warm Up:**

*Gaston probably wouldn't warm up, but you should.*

**Stretch**

**Workout:**

**Bench Press**

**5×10,8,5,3,1**

**Weighted Dips**

**4xMax**

**Incline Bench Press**

**4×12**

**Seated Dumbbell Tricep Overhead Extension**

**4×12**

**Close Grip Bench**

**4×12**

**Chest Flyes**

**4×12**

**Skull Crushers**

**4×12**

**Gaston Inspired Workout Day Two: Squat**

**Warm Up:**

*Gaston probably wouldn't warm up, but you should.*

**Stretch**

**Workout:**

**Back Squat**

**5×10,8,5,3,1**

**Leg Press**

**4×12**

**Front Squat**

**4×12**

**Barbell Weighted Lunges**

**4×12**

**Calf Raises**

**4×12**

**DB Straight Leg Deadlift**

**4×12**

**Leg Extension (Quads)**

**4×12**

# **Gaston Inspired Workout Day Three: Military Press**

**Warm Up:**

*Gaston probably wouldn't warm up, but you should.*

**Stretch**

**Workout:**

**Standing Barbell Overhead Press**

**5×10,8,5,3,1**

**Dumbbell Front Raises**

**4×12**

**Dumbbell Lateral Raises**

**4×12**

**Face Pulls**

**4×12**

**Barbell Shrugs**

**4×12**

**Upright Row**

**4×12**

**Seated Arnold Press**

**4×12**

## **Gaston Inspired Workout Day Four: Deadlift**

**Warm Up:**

*Gaston probably wouldn't warm up, but you should.*

**Stretch**

**Workout:**

**Deadlift**

**5×10,8,5,3,1**

**Bent Over Barbell Row**

**4×12**

**Wide Grip Lateral Pulldowns**

**4×12**

**Weighted Chin Ups**

**4xMax**

**Straight Arm Pulldowns**

**4×12**

**Preacher Curls**

**4×12**

**Dumbbell Bicep Curls**

**4×12**

## **Gaston Inspired Workout Bonus Day: Hunting/Archery/Activity**

**Don't forget that Gaston would always be on top of his game. He would be constantly practicing even though he's already the best.**

***Devote some days to archery practice or shooting practice or get out there and hunt!***

**If you're not trying to really, truly become Gaston, it's okay to add in some fun sports or other activities as well.**

**Think of hiking, biking, or any other sports you may like.**