

SHAO KAHN WORKOUT ROUTINE



Bonus PDF File
By: Mike Romaine

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SHAO KAHN WORKOUT ROUTINE

Training Volume:

3-6 days per week

Explanation:

This routine is a bonus routine that can be added on top of other strength building programs. I'm going to suggest other superhero programming to utilize throughout the week and then you can add the Shao Kahn sledgehammer workout on top of that 3-6 days a week.

I wanted to program a sledgehammer workout but also realize many people won't have access to one, so I will also be suggesting other great programs for Shao Kahn strength and mass-building.

The Shao Kahn Workout:

Utilize one of the following mass-building character workouts:

Hercules, Maui, or The Witcher

Add in the following hammer circuit (either the beginner or advanced) on top of the programming:

Beginner Sledgehammer Workout

4 Rounds for Time:

A: Right Side Slams x 15

B: Left Side Slams x 15

C: Overhead Slams x 15

Advanced Sledgehammer Workout

After each circuit round, rest 15 seconds. Start with 15 reps for the first circuit and decrease reps for each progressive circuit until you are only performing one rep per exercise.

A: Tomahawks (Right Hand) x 15 to 1

B: Tomahawks (Right Hand) x 15 to 1

C: Double Arm Slams x 15 to 1