

RALPH INSPIRED WORKOUT ROUTINE



Bonus PDF File
By: Mike Romaine

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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.

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WRECK IT RALPH INSPIRED WORKOUT ROUTINE

Training Volume:

5 days per week

Explanation:

Ralph has no days off. But, we'll make an exception and take 1-2 per week for our own sanity. We're training to be kind of Hulk-like because we need Superhuman strength AND speed AND durability. All things that are more easy to train for separate.

That being said, I don't expect you to be a Master-Wrecker and gain your strength that way. We'll be using weights and regular training style like we did for Maui and Gaston!

Wreck It Ralph Workout Day One: Chest and Triceps

Workout (Power and Muscle):

Bench Press

5×5

Incline Bench Press

3×8-12

Dumbbell Bench Press

3×8-12

Dumbbell Flys

3×25

Close Grip Bench

5×5

Seated French Press

3×8-12

Cable Tricep Pushdown

3×25

The Ralph Blow Smash Blowout (Endurance and Speed):

60 Ball Slams

50 Light Presses

40 Kettlebell Swings

30 Ball Slams

20 Push Ups

10 Pull Ups

Wreck It Ralph Workout Day Two: Back and Traps

Workout (Power and Muscle):

Barbell Rows

5×5

Dumbbell Rows

3×8-12

Lateral Pulldown

3×8-12

Seated Cable Rows

3×25

Barbell Shrugs

5×5

Dumbbell Shrugs

3×8-12

Machine or Barbell Shrugs for Reps

3×25

The Ralph Blow Smash Blowout (Endurance and Speed):

60 Ball Slams

50 Light Presses

40 Kettlebell Swings

30 Ball Slams

20 Push Ups

10 Pull Ups

Wreck It Ralph Workout Day Three: Legs and Calves

Workout (Power and Muscle):

Squats

5×5

Leg Press

3×8-12

Front Squats

3×8-12

Hamstring Curls

3×25

Seated Calf Raises

5×12

Weighted Lunges

3×8-12

Cable Pullthroughs Light

3×25

The Ralph Blow Smash Blowout (Endurance and Speed):

60 Ball Slams

50 Light Presses

40 Kettlebell Swings

30 Ball Slams

20 Push Ups

10 Pull Ups

Wreck It Ralph Workout Day Four: Shoulders and Biceps

Workout (Power and Muscle):

Seated Barbell Press

5×5

Seated Arnold Press

3×8-12

Barbell Front Raises

3×8-12

Dumbbell Lateral Raises

3×25

Pinwheel Curls

5×5

Standing Bicep Curls (DB or BB)

3×8-12

Cable Preacher Curls

3×25

The Ralph Blow Smash Blowout (Endurance and Speed):

60 Ball Slams

50 Light Presses

40 Kettlebell Swings

30 Ball Slams

20 Push Ups

10 Pull Ups

Wreck It Ralph Workout Day Five: Deadlifts and Hamstrings

Workout (Power and Muscle):

Deadlift

5×5

Romanian DB Deadlift

3×8-12

Hamstring Curls

3×8-12

Hamstring Curls for Reps Light

3×25

Dip/Pull Up Assisted Machine Leg Pushdowns

5×5

Bulgarian Split Squats

3×8-12

KB Deadlift Light

3×25

The Ralph Blow Smash Blowout (Endurance and Speed):

60 Ball Slams

50 Light Presses

40 Kettlebell Swings

30 Ball Slams

20 Push Ups

10 Pull Ups