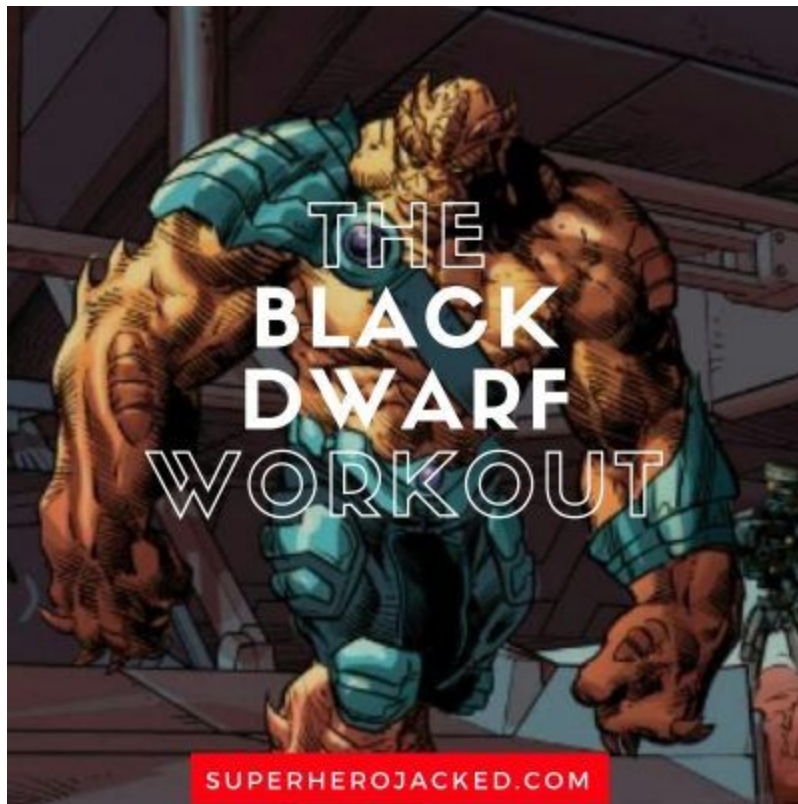


# BLACK DWARF WORKOUT ROUTINE



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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# BLACK DWARF WORKOUT ROUTINE

## Training Volume:

5 days per week

## Explanation:

We're going to be lifting HEAVY. We're going to devote four days to lifting our major compounds, and then a day to accessory work to work on anything that might fall behind.

## Black Dwarf Workout Day One: Bench Press

### Warm Up:

The Black Dwarf doesn't warm up.

But, since we're mere humans, you can do a 5-10 min warm up walk, and some stretching beforehand.

Also: Warm up before each set 2-3 sets making it up to your "working set" for your compounds.

### Heavy Workout:

Bench Press

5×5

Close Grip Bench

5×5

Incline Bench Press

5×5

Tricep Pushdowns

5×5

**Accessory Work:**

Cable Flys

3×10

Tricep Kickbacks

3×10

Dumbbell Pullovers

3×10

Tricep Overhead Extension

3×10

## **Black Dwarf Workout Day Two: Deadlift**

**Warm Up:**

The Black Dwarf doesn't warm up.

But, since we're mere humans, you can do a 5-10 min warm up walk, and some stretching beforehand.

Also: Warm up before each set 2-3 sets making it up to your "working set" for your compounds.

**Heavy Workout:**

Deadlift

5×5

Preacher Curls

5×5

Bent Over Rows

5×5

Dumbbell Bicep Curls

5×5 each arm

**Accessory Work:**

Lateral Pulldowns

3×10

Hammer Curls (Cable or DB)

3×10

Cable Rows

3×10

Chin Ups

3×10

## **Black Dwarf Workout Day Three: Accessory**

**Warm Up:**

The Black Dwarf doesn't warm up.

But, since we're mere humans, you can do a 5-10 min warm up walk, and some stretching beforehand.

Also: Warm up before each set 2-3 sets making it up to your "working set" for your compounds.

**Accessory Work:**

Heavy Tire Flip

3×50 yd

Heavy Kettlebell Swings

3×10

Farmers Carry

3×50 yd

Heavy Barbell Power Cleans

3×10

Heavy Tire Flip

3×50 yd

Heavy Barbell Shrugs

3×10

Farmers Carry

3×50 yd

## **Black Dwarf Workout Day Four: Squats**

### **Warm Up:**

The Black Dwarf doesn't warm up.

But, since we're mere humans, you can do a 5-10 min warm up walk, and some stretching beforehand.

Also: Warm up before each set 2-3 sets making it up to your "working set" for your compounds.

### **Heavy Workout:**

Back Squat

5×5

Leg Press

5×5

Front Squats

5×5

Hamstring Curls

5×5

### **Accessory Work:**

Seated Calf Raises

3×10

Quad/Leg Extension

3×10

Bulgarian Split Squats

3×10

Straight Leg Deadlift

3×10

## **Black Dwarf Workout Day Five: Military Press**

### **Warm Up:**

The Black Dwarf doesn't warm up.

But, since we're mere humans, you can do a 5-10 min warm up walk, and some stretching beforehand.

Also: Warm up before each set 2-3 sets making it up to your "working set" for your compounds.

### **Heavy Workout:**

Military Press

5×5

Barbell Shrugs

5×5

Arnold Press

5×5

Cable Lateral Raises

5×5

### **Accessory Work:**

Shoulder DB Front Raises



3×10

Barbell Upright Rows

3×10

Dumbbell Shrugs

3×10

Face Pulls

3×10