

THE HOBBIT DWARVES WORKOUT ROUTINE



Bonus PDF File
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THE HOBBIT DWARVES WORKOUT ROUTINE

Training Volume:

4-6 days per week

Explanation:

For this one we're going to do a 4 day strength training split to get that wide Dwarven warrior strongman build – but I'm also going to list off some items for you to work on with your defensive training at well to make it a little more Dwarven styled and fun.

The Hobbit Dwarves Hammer, Mace and Club Workout

So the Dwarves we've seen utilize hammers, maces, clubs, and swords.

For this one we're going to get some practice with most of those.

In [Shao Kahn's workout](#) we had a hammer workout that looked like this:

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

You can utilize this, as well as the [SISU War Hammer](#), or even the [Onnit Steel Clubs](#)!

I've linked both to Rogue's website, but neither is an affiliate link and I don't earn anything from this suggestion.

Hobbit Dwarves Workout Day One: Chest and Triceps

Warm Up:

Dwarves don't do cardio and Dwarves don't stretch!

Workout:

Bench Press

5×5

Skull Crushers

3×10

Incline Bench (DB or BB)

3×10

Tricep Kickbacks

3×10

Dumbbell Pullovers

3×10

Tricep Pushdown Variation

3×10

Hammer Blowout:

9 Rounds

- Do 20 sledge swings (10 on the right side and 10 on the left)
- Do 10 push-ups
- Do 20 alternating sprinter lunges
- Rest for 1 minute

Hobbit Dwarves Workout Day Two: Back and Biceps

Warm Up:

Dwarves don't do cardio and Dwarves don't stretch!

Workout:

Deadlift

5×5

Standing EZ Bar Curls

3×10

Bent Over Rows w/ BB

3×10

Hammer Curls w/ DB

3×10

Wide Grip Lateral Pulldowns

3×10

Pull Ups or Chin Ups

3×10

Hammer Blowout:

You're going to need to have a tire on hand for this one!

Do 9 Rounds on Each Side:

- Stand about two feet away from the tire
- Grip the sledgehammer
- Bring the sledgehammer up, your right hand sliding toward the head of the sledgehammer
- Swing the sledgehammer down, bringing your right hand to your left hand
- Slam the sledgehammer down as hard as you can against the tire
- Repeat this exercise on the other side of your body

Hobbit Dwarves Workout Day Three: Shoulders, Delts and Traps

Warm Up:

Dwarves don't do cardio and Dwarves don't stretch!

Workout:

Military Press

5×5

Barbell Shrugs

3×10

Shoulder Front Raises

3×10

Lateral Raises

3×10

Face Pulls

3×10

Upright Rows

3×10

Hammer Blowout:

You're going to need to grab a kettlebell and have a tire on hand for this one!

Complete one round.

- Do 10 sledge swings from each side (20 total)
- Rest 30 seconds
- Do 22 hand kettlebell swings
- Do 15 push-ups
- Rest for 2 minutes
- Do 20 sledge swings from each side
- Rest for 30 seconds
- Do 10 one-hand kettlebell swings with each hand
- Do fifteen push-ups
- Rest for two minutes
- Do 15 sledge swings from each side (30 total)
- Rest for 1 minute
- Do 30 two-hand kettlebell swings
- Do 15 push-ups
- Rest for 3 minutes
- Do 30 sledge swings from each side
- Rest for 1 minute
- Do 15 one-hand kettlebell swings with each hand
- Do 15 push-ups

Hobbit Dwarves Workout Day Four: Legs and Calves

Warm Up:

Dwarves don't do cardio and Dwarves don't stretch!

Workout:

Back Squats

5×5

Leg Press

3×10

Calf Raise (seated or on Leg Press machine)

3×10

Hamstring Curls

3×10

Leg [Quad] Extension

3×10

Goblet Lunges w/ KB or DB

3×10

Hammer Blowout:

This one is going to be 10 minutes of Tabata training.

For those of you who don't know what that is, you workout out hard for 20 seconds, and then rest for 10!

1. Sledgehammer Swings
2. Air Squats
3. Sledgehammer Swings
4. Jumping Lunges