

MR. INCREDIBLE WORKOUT ROUTINE



Bonus PDF File
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The information provided in this book is based upon my experiences as well as my interpretations of the current research available.

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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MR. INCREDIBLE INSPIRED WORKOUT ROUTINE

Training Volume:

5+ days per week

Explanation:

We're training to be Mr. Incredible strong. I suggest watching videos on our [YouTube](#) or inside [The Academy](#) about How To Find Your 1Rm, pyramid training, and progressive overload (to name a few).

Explanation Part Two:

For this one I'll do some more explaining as we go through, but we're going to be following a Strongman type 5×5 lifting scheme. Below I will be listing the main weeks in which you will split back and forth. I will also give you accessory work that you can do on non-compound days and accessory work to do WITH your compound training.

Workout A: Squat, Bench Press, Barbell Row

Workout B: Squat, Overhead Press, Deadlift

For each exercise, you do 5 sets of 5 reps. The exception is the deadlift, which you do for 1 set of 5 reps. You take a day of rest between each training day.

Week one looks like this:

Monday: Workout A

Squat 5×5

Bench Press 5×5

Barbell Row 5×5

Wednesday: Workout B

Squat 5×5

Overhead Press 5×5

Deadlift 1×5

Friday: Workout A

Squat 5×5

Bench Press 5×5

Barbell Row 5×5

Week two starts with workout B, and looks like this:

Monday: Workout B

Squat 5×5

Overhead Press 5×5

Deadlift 1×5

Wednesday: Workout A

Squat 5×5

Bench Press 5×5

Barbell Row 5×5

Friday: Workout B

Squat 5×5

Overhead Press 5×5

Deadlift 1×5

Additional Accessory Training

Workout A:

Lateral Pulldowns and Hammer Machine Pulls

Chest Flys and Incline Press

Tricep Pushdowns and Kickbacks

Hammer Curls and Preacher Curls

Workout B:

Arnold Press and Front Raises

Face Pulls and Shrugs

Lunges and Leg Press

Chin Ups and Wide Grip Pull Ups

Addition Training Day: Core and Accessory

Core Portion:

Hanging Leg Raises

3×25

Sit Ups

3×25

Planks (Weighted if possible)

3×60 seconds

Accessory Work Portion:

Whatever was missed throughout the week listed in additional accessory.

Optional Endurance Workout:

30 min jog