

# MR. INCREDIBLE WORKOUT ROUTINE



Bonus PDF File  
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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