

GORILLA GRODD WORKOUT ROUTINE



Bonus PDF File
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GORILLA GRODD WORKOUT ROUTINE

Training Volume:

Week 1: 3×5 (3 sets of 5 reps)

Week 2: 3×3 (3 sets of 3 reps)

Week 3: 3×5, 3, 1 (1 set of 5 reps, 1 set of 3 reps, and 1 set of 1 rep)

Week 4: Deloading (3 sets of 5 reps)

Once the cycle (4 weeks) is completed you will start your next cycle using heavier weights.

Explanation:

The workout is going to be broken down by percentages of your max lifts for each workout. I'll be giving you example weeks of training, and then also the percentages and how to follow up by choosing accessory work. Again, this is the Wendler method!

Gorilla Grodd 5/3/1 Workout: Example Week

DAY 1

DAY 2

DAY 3

DAY 4

Warm-Up

Warm-Up

Warm-Up

Warm-Up

Standing Military Press

Deadlift

Bench Press

Squat

Assistance Exercises

Assistance Exercises

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Assistance Exercises

Gorilla Grodd Workout 5/3/1 Percentage Cycle

WEEK 1

WEEK 2

WEEK 3

WEEK 4

Set 1

65% x 5

70% x 3

75% x 5

40% x 5

Set 2

75% x 5

80% x 3

85% x 3

50% x 5

Set 3

85% x 5+

90% x 3+

95% x 1+

60% x 5

Gorilla Grodd 5/3/1 Workout Example Cycling

WEEK 1

WEEK 2

WEEK 3

WEEK 4

Set 165% of 450 = 292.5 Lb x 5 70% of 450 = 315 x 3 75% of 450 = 337.5 Lb x 5 40% of 450 = 180 Lb x 5

Set 275% of 450 = 337.5 Lb x 5 80% of 450 = 360 x 3 85% of 450 = 382.5 Lb x 3 50% of 450 = 225 Lb x 5

Set 385% of 450 = 382.5 Lb x 5+ 90% of 405 = 382.5 Lb x 3+ 95% of 450 = 427.5 Lb x 1+ 60% of 450 = 270 Lb x 5

Gorilla Grodd 5/3/1 Workout Optional Assistance Work

Okay. After you're done with your big compound lifts you do have the option to continue on with some assistance work.

Some assistance work can be done as follows:

Leg Day Assistance Work (with Squats):

Leg Press

Hamstring Curls

Weighted Lunges

Leg/Quad Extension

Glute Bridges

Calf Raises

Back and Bicep Assistance Work (with Deadlifts)

Bent Over Rows (DB and BB)

Lateral Pulldown (Close and Wide Grip)

Lateral Raises

Preacher Curls

Bicep Curl Variations

Hammer Curls

Chest and Tricep Assistance Work (with Bench)

Incline Bench Press

Chest Flyes (Flat, Incline, Decline/DB, Cables)

DB Pullovers

Tricep Overhead Extensions (DB and Cables)

Tricep Kickbacks (Cables and DBs)

Tricep Cable Pushdowns

Dips

Skull Crushers

Shoulder and Trap Accessory Workout (with Overhead Press)

Arnold Press

Shoulder Front Raises (Cable or DB)

Shoulder Upright Rows (EZ Bar or DB)

Barbell Shrugs

DB Shrugs