

JD PARDO

WORKOUT ROUTINE



Bonus PDF File
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JD PARDO WORKOUT ROUTINE

Training Volume:

5 days per week

Explanation:

Four days per week we're going to be revolving our training around compound lifts, and then the last day of the training week we'll be focusing on intensity to really even out the weight we're gaining and make sure we're tacking on as much clean muscle as possible.

JD Pardo Workout Routine: Chest Compound and Accessory

Warm Up:

10 minute incline walk

Compound:

We will be utilizing reverse pyramid training for all our compound lifts so please remember to warm up prior.

Barbell Bench Press

4 Rounds

3-5 – 6-8 – 8-10 – 10-15

Accessory Work:

Close Grip Bench Press

3×10

Incline Dumbbell Press

3×10

Seated Overhead Tricep Extension w/ DB

3×10

Chest Flyes w/ DB or Cables

3×10

Heavy Bodyweight Finisher:

Weighted Dips

4xFailure

JD Pardo Workout Routine: Back Compound and Accessory

Warm Up:

10 minute incline walk

Compound:

We will be utilizing reverse pyramid training for all our compound lifts so please remember to warm up prior.

Deadlifts

4 Rounds

3-5 – 6-8 – 8-10 – 10-15

Accessory Work:

Wide Grip Lateral Pulldown

3×10

Standing Bicep Curl w/ DB or EZ Bar

3×10

Cable Rows

3×10

Hammer Curls w/ DB or Cable Rope

3×10

Heavy Bodyweight Finisher:

Weight Chin Ups

4xFailure

JD Pardo Workout Routine: Midweek High Intensity Accessory

Warm Up:

10 minute incline walk

Circuit Work:

Circuit One:

A. Kettlebell Swings

3×10

B. Barbell Power Cleans

3×10

C. Push Ups

3×10

Circuit Two:

A. Box Jumps

3×10

B. Bulgarian Split Squats

3×10

C. Farmers Carry

3×50 meters

Circuit Three:

A. Dumbbell Light Deadlift

3×10

B. Standing DB Overhead Press

3×10

C. Battle Ropes

3xFailure

JD Pardo Workout Routine: Shoulders Compound and Accessory Work

Warm Up:

10 minute incline walk

Compound:

We will be utilizing reverse pyramid training for all our compound lifts so please remember to warm up prior.

Barbell Overhead Press

4 Rounds

3-5 – 6-8 – 8-10 – 10-15

Accessory Work:

Seated Front Raises w/ DB

3×10

Barbell Shrugs

3×10

Face Pulls

3×10

Upright Rows w/ Barbell or EZ Bar

3×10

Heavy Bodyweight Finisher:

Weighted Push Ups

4xFailure

JD Pardo Workout Routine: Legs Compound and Accessory

Warm Up:

10 minute incline walk

Compound:

We will be utilizing reverse pyramid training for all our compound lifts so please remember to warm up prior.

Barbell Back Squats

4 Rounds

3-5 – 6-8 – 8-10 – 10-15

Accessory Work:

Hamstring Curls

3×10

Leg (Quad) Extensions

3×10

Seated Calf Raises

3×10

Leg Press

3×10

Heavy Bodyweight Finisher:

Weighted Lunges

4xFailure