

HOMELANDER WORKOUT ROUTINE



Bonus PDF File
By: Mike Romaine

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HOMELANDER WORKOUT ROUTINE

Training Volume:

5+ days per week

Explanation:

For Homelander's workout we're going to a powerlifting split we don't see very often on the site, but one that focuses on getting STRONG for your main compound lifts. If you'd like to add in active off days by mixing in some of Coach Derek's mixed martial arts training from the site in order to really keep up with the Homelander power, feel free to add it in on your off-days, but keep in mind it will make this program extremely high volume.

Homelander Workout: Training Schedule

Monday: Squats, Deadlifts and Hammies

Tuesday: Bench Press and Triceps

Wednesday: Off Day

Thursday: Quads and Abs

Friday: Back and Traps

Saturday: Shoulders and Biceps

Sunday: Off Day

Homelander Workout Day One: Squats, Deads and Hammies

Warm Up:

10 Minute Incline Walk

Workout:

Back Squats

4×10, 8, 6, 3-5

Deadlifts

4×10, 8, 6, 3-5

Leg Curls

4×12

Weighted Lunges

4×10 each leg

Planks

3×60 seconds

Homelander Workout Day Two: Bench Press and Triceps

Warm Up:

10 Minute Incline Walk

Workout:

Bench Press

4x10, 8, 6, 3-5

Incline Dumbbell Bench

4x12

Pull Ups

3xFailure

Machine Chest Flyes

4x12

Close Grip Bench Press

3x12

Cable Tricep Extension

3x15

Homelander Workout Day Three: Quads and Abs

Warm Up:

10 Minute Incline Walk

Workout:

Light Squat Variation

3×10

Superset:

A. Leg Extensions

4×15

B. Box Jumps

4×10

Leg Press

4×12

Cable Crunches

3×12

Hanging Knee Raises w/ Twist

3×15

Homelander Workout Day Four: Back and Traps

Warm Up:

10 Minute Incline Walk

Workout:

Dumbbell Rows

4×12 each arm

Seated Cable Rows

4×15

Lateral Pulldowns

4×15

T-Bar Rows

4×15

Barbell Shrugs

3×15

Homelander Workout Day Five: Shoulders and Biceps

Warm Up:

10 Minute Incline Walk

Workout:

Seated Dumbbell Press

3×10

Superset:

A. Side Lateral Raises

3×10

B. Dumbbell Upright Rows

3×10

Machine Shoulder Press

3×10

Reverse Dumbbell Flyes

3×10

Preacher Curls

3×15

Reverse Grip Lateral Pulldowns

3×15