

# LOKI

# WORKOUT ROUTINE



Bonus PDF File  
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# LOKI

# WORKOUT ROUTINE

## *Training Volume:*

*4+ days per week*

## *Explanation:*

*We're going to devote 4 days a week to strength training which will also in turn incorporate speed training. I will also be giving you our speed and agility training to add on top of this strength training for an extra day or two where you feel you can fit it.*

## ***Loki Workout: Chest, Triceps and Core***

### ***Chest and Triceps:***

*Bench Press*

*5×12, 10, 8, 5, 3*

*Close Grip Bench*

*4×12, 10, 8, 5*

*Incline Dumbbell Bench Press*

*3×10*

*Weighted Dips (or Dip Machine)*

*4×10*

*Reverse Grip Cable Pushdowns*

*3×10*

*Decline Chest Press (Machine or Hammer Strength)*

*3×10*

**Core:**

*Forearm Planks*

*3×60 seconds*

*Hanging Leg Raises*

*3×15*

*Sit Ups w/ Alternating Twist*

*3×20*

***Loki Workout: Back, Biceps and Speed***

*Barbell Deadlift*

*5×12, 10, 8, 5, 3*

*Bent Over Rows*

4×12, 10, 8, 5

*Preacher Curls*

3×10

*Concentration Curls*

4×10 each arm

*Wide Grip Lateral Pulldown*

3×10

*Cable Hammer Curls w/ Rope*

3×10

***Blowout: 3 Rounds (1 Minute Break After Each Round)***

*Farmer's Carry*

3×50 meters

*Chin Ups*

3×10

*Push Ups*

3×Failure

***Loki Workout: Shoulders, Traps, Lats and Explosiveness***

*Overhead Press*

*5×12, 10, 8, 5, 3*

*Barbell Shrugs*

*4×12, 10, 8, 5*

*Seated Light Arnold Press*

*3×10*

*Face Pulls*

*4×10*

*Seated DB Shoulder Front Raise*

*3×10*

*Cable Side Lateral Raise*

*3×10*

***Blowout: 3 Rounds (1 Minute Break After Each Round)***

*Clean and Press*

*3×10*

*Kettlebell Swings*

*3×10*

*Battle Ropes*

*3×30 seconds*

## ***Loki Workout: Legs, Calves and Core***

### ***Legs and Calves:***

*Back Squat*

*5×12, 10, 8, 5, 3*

*Leg Press*

*4×12, 10, 8, 5*

*Calf Raise on Leg Press*

*3×10*

*Bulgarian Split Squat*

*4×10*

*Seated Calf Raise*

*3×10*

*Weighted Lunges*

*3×10*

***Core:***

*Side Planks*

*3×30 seconds each side*

*Lying Leg Raises*

*3×15*

*Cable Crunches*

*3×20*