

HELLSTORM WORKOUT ROUTINE



Bonus PDF File
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The information provided in this book is based upon my experiences as well as my interpretations of the current research available.

The advice and tips given in this course are meant for healthy adults only. You should consult your physician to insure the tips given in this course are appropriate for your individual circumstances.

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HELLSTORM WORKOUT ROUTINE

Training Volume:

4+ days per week

Explanation:

I'm going to give you 4 days of strength training that will revolve around compound lifts and then I'll also give you the option to rest OR add in extra cardio if you'd like to kickstart some extra fat burning to get into the chiseled Hellstorm look quicker.

Want To Upgrade This Workout?

[The Superhero Academy](#) now comes with an [Upgrade Your Workout Tool](#) that allows Academy members to turn any SHJ workout into a 4-8 week fully planned regime detailing exact weights to lift and including reverse & tradition pyramid training, straight sets, super sets, progressive overload and more.

Hellstrom Workout: Workout Schedule

Monday: Chest and Triceps

Tuesday: Back and Biceps

Wednesday: Rest or Cardio and Abs

Thursday: Shoulders and Traps

Friday: Legs and Calves

Saturday: Rest or Cardio and Abs

Sunday: Rest Day

Hellstorm Workout: Chest and Triceps

Warm Up:

10-20 Minute Incline Treadmill Walk

Workout:

Bench Press

4×12, 10, 8, 5

Incline Dumbbell Press

4×10

Seated Overhead DB Extension

4×10

Cable Kickbacks

3×10

Reverse Cable Pushdowns

3×10

Chest Fly Variation (Cables or DB)

3×10

Hellstorm Workout: Back and Biceps

Warm Up:

10-20 Minute Incline Treadmill Walk

Workout:

Deadlifts

4×12, 10, 8, 5

Bent Over Rows (Barbell or 1-Arm DB)

4×10

Lateral Pulldowns (Cable)

4×10

Preacher Curls

3×10

Hammer Curls (DB or Cable w/ Rope)

3×10

Seated Concentration Curls

3×10 each arm

Hellstorm Workout: Optional Cardio (Variations)

You have the option to either rest or get some added cardio in to help your fat loss.

This routine really revolves around strength gain, but if you're looking to cut you'll have to do it with your diet (of course), and this added cardio will just support that even more.

Here's some options for varied cardio, in which I like to perform 45-60 minutes.

15-20 Minutes and then Swap:

- Treadmill Incline Walk
- Elliptical Steady Pace
- StairMaster Steady Pace
- Bike High Intensity
- Rower Moderate Intensity

Hellstorm Workout: Shoulders and Traps

Warm Up:

10-20 Minute Incline Treadmill Walk

Workout:

Standing BB Overhead Press

4×12, 10, 8, 5

Barbell Shrugs

5×10

Seated Alternating DB Shoulder Front Raises

4×10

Seated Alternating DB Shoulder Side Raises

4×10

Face Pulls

3×10

Standing DB Shrugs or Machine Shrugs (Vary The Grip so it's wider or closer than the BB Shrugs)

3×10

Hellstorm Workout: Legs and Calves

Warm Up:

10-20 Minute Incline Treadmill Walk

Workout:

Back Squats

4×12, 10, 8, 5

Leg Press w/ Superset of Calf Raises on Press

4×10

Seated Calf Raises (Purposely Done Directly After Superset)

4×10

Hamstring Curl Machine

3×10

Straight Leg Deadlift w/ Heavy KB

3×10

Close Legged Hack Squats (Or Squats w/ Smith Machine)

3×10

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