

# MAX THIERIOT WORKOUT ROUTINE



Bonus PDF File  
By: Mike Romaine

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# MAX THIERIOT WORKOUT ROUTINE

## Training Volume:

5+ days per week

## Explanation:

We're going to be training with 4 days of weight lifting styled training for mass, revolving those days around our compound lifts like Max; and then we'll also tack on 2 days of extra training via circuit styled WODs to really get ready for *Seal Team*.

## 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.

## Max Thieriot Workout: Sample Workout Routine Schedule

**Monday:** Bench Press and Accessory

**Tuesday:** Deadlift and Accessory

**Wednesday:** Endurance Work OR Circuits

**Thursday:** Overhead Press and Accessory

**Friday:** Squats and Accessory

**Saturday:** Endurance Work OR Circuits OR Rest

**Sunday:** Off Day

*\*\*Complete a Murph Challenge 1 Time Per Month and Track Improvements\*\**

## **Max Thieriot Workout: Bench Press and Accessory**

### **Warm Up:**

5-10 Minute Incline Walk

### **Compound Workout:**

Barbell Bench Press

5×12,10,8,5,3

### **Accessory Work:**

Incline Barbell Bench

4×12

Tricep Cable Pushdowns w/ Rope

4×12

Seated Overhead Extension

4×12

Incline DB Chest Flyes

4x12

Decline Hammer Strength

4x12

Cable Kickbacks w/ Cable or DB

4x12

Weighted Dips

4x8

## **Max Thieriot Workout: Deadlift and Accessory**

### **Warm Up:**

5-10 Minute Incline Walk

### **Compound Workout:**

Deadlift

5x12,10,8,5,3

### **Accessory Work:**

Barbell Bent Over Rows

4x12

Barbell or EZ Bar Curls

4x12

Seated Concentration Curls

4x12

Wide Grip Lateral Pulldowns

4x12

Preacher Curls

4x12

Face Pulls

4x12

Weighted Chin Ups

4x8

## **Max Thieriot Workout: Endurance Work OR Circuits**

### **Endurance Work:**

If you're shooting for some endurance work you'll want to work your way up to some longer distance running.

You can start by running and walking on and off, but shoot to eventually hit 3-5 miles worth of running on this day.

## **Circuit Training:**

Choose a Circuit from the list I post below the workout.

## **Murph Challenge:**

If you choose to complete your Murph Challenge on this day for your one tracked Murph per month requirement, this is what you must complete:

*\*\*Complete w/ a 20 lb. Weighted Vest\*\**

1 Mile Run

100 Pull Ups

200 Push Ups

300 Squats

1 Mile Run

## **Max Thieriot Workout: Overhead Press and Accessory**

### **Warm Up:**

5-10 Minute Incline Walk

### **Compound Workout:**

Standing Barbell Overhead Press

5×12,10,8,5,3

## **Accessory Work:**

Power Cleans

4×12

Barbell Shrugs

4×12

Upright Rows

4×12

DB or Cable Side Raises

4×12

DB or Cable Front Raises

4×12

Kettlebell Swings

4×12

Single Arm DB Snatches

4×8 each arm

## **Max Thieriot Workout: Squats and Accessory**

**Warm Up:**



5-10 Minute Incline Walk

**Compound Workout:**

Back Squats

5×12,10,8,5,3

**Accessory Work:**

Leg Press

4×12

Hamstring Curls

4×12

Front Squats

4×12

Straight Leg Deadlift with KB

4×12

Quad/Leg Extension

4×12

Weighted Glute Bridges

4×12

Bulgarian Split Squats w/ DB

4×8 each leg

## **Max Thieriot Workout: Circuit Training**

**Choose a Circuit from Below:**

*Each WOD From Hell is taken from a CrossFit Athlete courtesy of [TheBoxMag!](#)*

This selection has been seen on Paige and Sasha Banks workouts, but we have more to choose from on [Kevin Hart's](#) training and tons of other celebs.

### **WOD From Hell:**

15 barbell cleans (155 pounds/100 pounds)

30 toes-to-bars

30 box jumps (24"/20")

15 muscle-ups (females: 10 muscle-ups)

30 push presses (40-pound dumbbells/25-pound dumbbells)

30 double-unders

15 thrusters (135 pounds/95 pounds)

30 pull-ups

30 burpees

300 feet overhead walking lunges (45-pound plate/25-pound plate)

**WOD From Hell 2:**

*Three Rounds of:*

7 deadlifts (345 pounds)

7 ring muscle-ups

*Three Rounds of:*

21 toes-to-bars

21 wall balls

100-foot farmer's carry (100-pound dumbbells)

28 burpee box jumps

100-foot farmer's carry

3 muscle-ups

**WOD From Hell 3:**

*Pendleton 2 Event at 2012 CrossFit Games:*

Swim: 700 meters

Bike: 8 kilometers

Run: 11 kilometers

**WOD From Hell 4:**

20 hang squat snatches

50 double-unders

30 kettlebell thrusters

50 double-unders

40 toes-to-bars

Burpee broad jumps (across convention center floor,  
roughly 20 yards)

40 barbell step-ups

50 double-unders

30 alternating single-arm kettlebell snatches

50 double-unders

20 bar muscle-ups

**WOD From Hell 5:**

“Miagi”

*For Time:*

50 deadlifts (135/95 pounds)

50 double-kettlebell swings (55/35 pounds)

50 push-ups

50 clean-and-jerks (135/95 pounds)

50 pull-ups

50 kettlebell "taters"

50 box jumps (24")

50 wall climbs

50 knees-to-elbows

50 double-unders

**WOD From Hell 6:**

Finals of the 2010 CrossFit Games:

*Three Rounds of:*

30 push-ups

21 overhead squats (65/95 pounds)

Wall rope climb between each element

(seven-minute cap)

*Three Rounds of:*

30 toes-to-bars

21 ground-to-overhead (95/65 pounds)

(seven-minute cap)

*Three Rounds of:*

5 burpee wall jumps

20-foot rope climbs (3 men/2 women)

(12-minute cap)

**WOD From Hell 7:**

“Sage”

*AMRAP in 20 Minutes:*

20 thrusters (135/95 pounds)

20 pull-ups

20 burpees

**WOD From Hell 8:**

10 overhead squats

10 box jumps

10 fat-bar thrusters

10 power cleans

10 toes-to-bars

10 burpee muscle-ups

Repeat in reverse, beginning with toes-to-bars