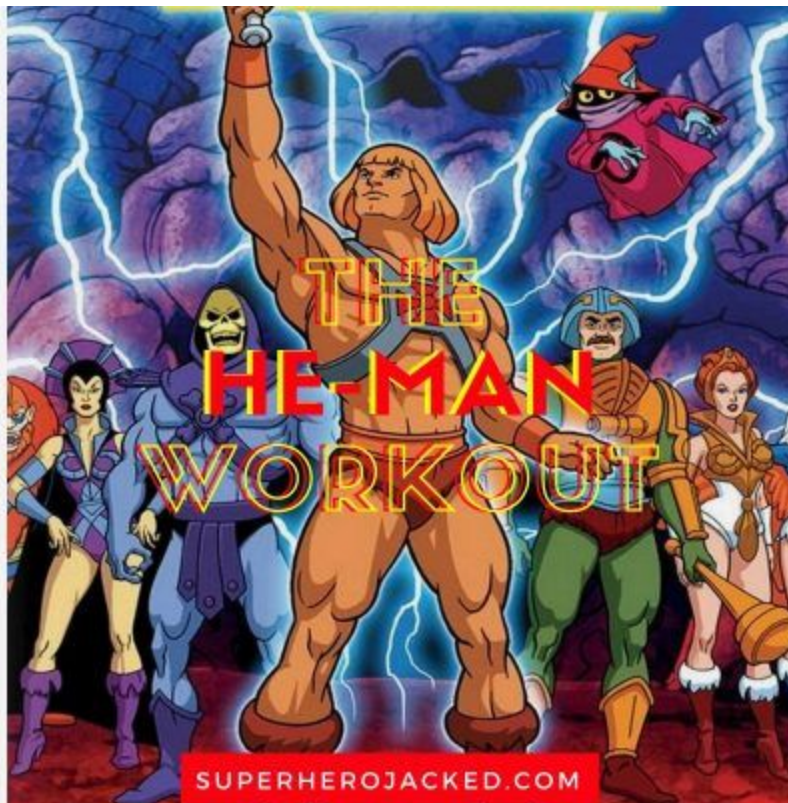


HE-MAN WORKOUT ROUTINE



Bonus PDF File
By: Mike Romaine

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HE-MAN WORKOUT ROUTINE

Training Volume:

5 Days Per Week

Explanation:

This program will focus around the big 3 main lifts: bench press, dead-lift, and squat. It will also be prioritize packing some size on your arms! Yeah! Who doesn't want massive He-Man arms?! And again, this all meant to make you a lean mean sword swinging machine so there will be some cardio accelerators thrown in the mix as well. One thing is for sure. This working out will have you have you screaming "I HAVE THE POWER"!

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.

He-Man Workout: Sample Workout Schedule

Monday: Chest + Triceps + Obliques

Tuesday: Back + Biceps

Wednesday: Lower Back and Hamstrings

Thursday: Shoulders and Triceps

Friday: Quads + Calves + Biceps

Saturday: Off Day

Sunday: Off Day

He-Man Day 1: Chest + Triceps + Obliques

Warm Up:

10 Minute Incline Walk

Workout:

Barbell Bench Press

5x5

Incline Dumbbell Key Press

3x 8-12

Pec deck or dumbbell fly

3x 12-20

Machine or Bodyweight Dips

3x 8 -12

Cable triceps extensions

3 x 8-12

Skull crushers

3x8-12

Superset in cable wood (aka sword) choppers w/ any of the above exercises

He-Man Workout Day 2: Back + Biceps

Warm Up:

10 Minute Incline Walk

Workout:

Lateral Pulldowns

4- 8-12

Bent Over Rows

3x 8-12

Chin ups

3 x failure

Cable rows

3 x 12-20

Barbell Curls

4 x12

Preacher Hammer Curls

4 x 8-10

Kettlebell High Pulls

3 rounds 30-45 seconds work 60 second rest

He-Man Workout Day 3: Lower Back + Hamstrings

Warm Up:

10 Minute Incline Walk

Workout:

Deadlift or Rack Pull

4x5,5,3,2

Dumbbell Romanian Deadlift

3 x 8-12

Straight Leg Deadlift [Light] w/ DB or EZ Bar

3x 8-12

Lying Leg Curl

3x 12 -20

Cable Pull Throughs

3 x 8 – 12

Alternating Landmine Deadlifts

3 rounds 30-45 seconds work 60 second rest

He-Man Workout Day 4: Shoulders + Triceps

Warm Up:

10 Minute Incline Walk

Workout:

Military Press

5x5

Side lateral raises

4 x 8-12 triple drop set on final set

Cable Sword Draws

3 x 8 -12

Standing one arm dumbbell press

3 x failure

Overhead cable triceps extensions

4 x 8 -12

Machine or Bodyweight Dips

3 x 12 – 20

Medicine Ball squat throws

3 rounds 30-45 seconds work 60 second rest

He-Man Workout Day 5 Quads + Calves + Biceps

Warm Up:

10 Minute Incline Walk

Workout:

Barbell Squat

5×5

Hack Squat or Leg press

4 x10

Split squat 4 x 8- 12

Leg Extensions

4 x 12- 20

Standing Calf Raises

5 x 12

Seated Alternating Dumbbell Curls

4 x 8-12

Reverse Grip Barbell Curls (Light Weight)

3 x failure

Walking Lunges

3 rounds 30-45 seconds work 60 second rest