

RICK GONZALEZ WORKOUT ROUTINE



Bonus PDF File
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RICK GONZALEZ WORKOUT ROUTINE

Training Volume:

5 days per week

Explanation:

We're going to be in the gym 5 days per week. We'll be doing a 4 day split around our main compound lifts, and then also leaving a day to work on accessory work, extra cardio to burn the fat and stay toned during our bulk, and also some calisthenics.

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.

Rick Gonzalez Workout: Sample Workout Routine Schedule

Monday: Bench Press, Chest, Triceps and Cardio

Tuesday: Deadlift, Back, Biceps and Cardio

Wednesday: Full Body, Cardio, and Accessory Work

Thursday: Overhead Press, Shoulders, Traps and Cardio

Friday: Back Squats, Legs, Calves, and Cardio

Saturday: Rest Day

Sunday: Rest Day

Rick Gonzalez Workout: Bench Press, Chest, Triceps and Cardio

Warm Up:

10 Minute Incline Walk

Compound:

Bench Press

4×10,8,5,5

Workout:

Incline Dumbbell Press

3×10

Reverse Grip Cable Pushdowns

3×10

Skull Crushers

3×10

Chest Flyes (Cable or DB)

3×10

Weighted Dips

4×Failure

Machine (or Hammer Strength) Chest Press Blowout

3×Failure

Cardio:

20 Minutes Jog, Elliptical or StairMaster

Rick Gonzalez Workout: Deadlift, Back, Biceps and Cardio

Warm Up:

10 Minute Incline Walk

Compound:

Deadlift

4×10,8,5,5

Workout:

Wide Grip Lateral Pulldown

3×10

Landmine Rows

3×10

Back Cable Crossovers

3×10

Standing Bicep Curls w/ EZ Bar

3×10

Wide Push Ups

4xFailure

Hammer Curls

3×12

Cardio:

20 Minutes Jog, Elliptical or StairMaster

Rick Gonzalez Workout: Full Body, Cardio, and Accessory Work

Warm Up:

10 Minute Incline Walk

Workout:

Dumbbell Thrusters

3×10

Chin Ups

3×10

Dips

3×10

Single Arm DB Snatches

3×10 each arm

Burpees

4×10

Cardio:

45-60 Minutes of Varied Cardio

Rick Gonzalez Workout: Overhead Press, Shoulders, Traps and Cardio

Warm Up:

10 Minute Incline Walk

Compound:

Overhead Press

4×10,8,5,5

Workout:

Light Power Cleans w/ EZ Bar

3×10

Heavy KB Upright Rows

3×10

Kettlebell Swings

3×10

Seated Light Arnold Press

3×10

Barbell Shrugs

4×15

Face Pulls

3×12

Cardio:

20 Minutes Jog, Elliptical or StairMaster

Rick Gonzalez Workout: Back Squat, Legs, Calves and Cardio

Warm Up:

10 Minute Incline Walk

Compound:

Back Squats

4×10,8,5,5

Workout:

KB Heavy Deadlift

3×10

Hamstring Curls

3×10

Weighted Lunges

3×10

Seated Calf Machine

3×10

Leg Press

3×12

Quad Extensions

3×10

Cardio:

20 Minutes Jog, Elliptical or StairMaster