

# STONE COLD STEVE AUSTIN WORKOUT ROUTINE



Bonus PDF File  
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# STONE COLD STEVE AUSTIN WORKOUT ROUTINE

## Training Volume:

4 days per week

## Explanation:

Always 6-8 reps, rarely beyond failure or lower than 6 through risk of injury. A few sets of 10 to warm-up.

He said for him lifting was just a release, and he'd been lifting weights since he was a child and couldn't imagine life without lifting. It also assisted power moves in wrestling. He still drank his Guinness's and Budweiser's because he wasn't into bodybuilding, and did cardio to assist his wrestling schedule.

## 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.

## Steve Austin 1998 Workout Day One: Squats

Squat – 5 or 6 sets

Straight-legged deadlift – 2 sets

Barbell shrugs – 2 sets

Dumbbell shrugs – 2 sets

## **Steve Austin 1998 Workout Day Two: Bench Press**

Bench – 3 or 4 sets

Incline bench – 2 sets

30 mins cardio

## **Steve Austin 1998 Workout Day Three: Barbell Rows**

Barbell rows – 2 sets

Dumbbell rows – 2 sets

Barbell shrugs – 2 sets

Dumbbell shrugs – 2 sets

30 mins cardio

## **Steve Austin 1998 Workout Day Four: Barbell Press**

Barbell press – 2 sets

Dumbbell press – 2 sets

Close-grip bench – 2 sets

30 mins cardio