

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:

Stone Cold Steve Austin's current workout routine isn't THAT much different than his workout from 1998. He's still revolving his workout around the main compound lifts but he's stepping up the volume and he isn't adding the cardio that he used to do in order to get more ring ready.

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.

Stone Cold Steve Austin Workout: Sample Workout Routine Schedule

Monday: Back Squat, Calves and Legs

Tuesday: Bench Press, Chest and Triceps

Wednesday: Rest Day

Thursday: Back, Rows and Biceps

Friday: Overhead Press, Traps and Shoulders

Saturday: Rest Day

Sunday: Rest Day

Stone Cold Steve Austin Workout: Back Squat, Calves and Legs

Warm Up:

10 Minute Incline Walk

Compound Lift:

Back Squats

5×12,10,5,5,5

Accessory:

Seated Calf Raises

4×12

Hamstring Curls

4×12

Straight Leg Deadlifts

4×12

Quad Extensions

4×12

Bulgarian Split Squats

4×10 each leg

Stone Cold Steve Austin Workout: Bench Press, Chest and Triceps

Warm Up:

10 Minute Incline Walk

Compound Lift:

Bench Press

5×12,10,5,5,5

Accessory:

Skull Crushers

4×12

Incline Bench Press

4×12

Overhead Tricep Extension

4x12

Cable Flyes

4x12

Weighted Dips

4x12

Stone Cold Steve Austin Workout: Back, Rows and Biceps

Warm Up:

10 Minute Incline Walk

Compound Lift:

Barbell Rows

5x12,10,5,5,5

Accessory:

Preacher Curls

4x12

Wide Grip Lateral Pulldowns

4x12

Close Grip Cable Rows

4×12

Alternating Hammer Curls w/ DBs

4×12

Weighted Chin Ups

4×12

Stone Cold Steve Austin Workout: Overhead Press, Traps and Shoulders

Warm Up:

10 Minute Incline Walk

Compound Lift:

Overhead Press

5×12,10,5,5,5

Accessory:

Barbell Shrugs

4×12

Upright Rows

4×12

Power Cleans

4×12

Dumbbell or Machine Shrugs

4×12

Cable Face Pulls

4×12