

DIMITRI WORKOUT ROUTINE



Bonus PDF File
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DIMITRI WORKOUT ROUTINE

Training Volume:

5+ days per week

Explanation:

As we've seen, Dimitri likes to keep things simple, so we're going to focus on a single body part per day. As the game features a timeskip, there are two versions of this workout. If you want to perform the easier pre-timeskip workout, perform the exercises written in black. If you want to perform the more difficult post-timeskip workout, add in the exercises written in red. There are no red exercises for arm day with Dimitri, however.

Other Resources:

[How to get better at Pull-Ups, Pushups, Dips, Squats and Calisthenics](#)

[Pull-Up Alternatives: How to Get Better at Pull-Ups With or Without Equipment](#)

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 & traditional pyramid training, straight sets, super sets, progressive overload and more.

Dimitri Workout: Sample Workout Schedule

Monday: Chest

Tuesday: Legs

Wednesday: Back

Thursday: Shoulders

Friday: Arms

Saturday: Rest Day or Extra Credit

Sunday: Rest Day or Extra Credit

Dimitri Workout: Chest

Warm-up:

30 minutes cardio

Workout

Barbell Bench Press

5 x 10, 8, 6, 3, 1

Dumbbell Fly

3 x 10

Incline Bench Press

4 x 6

Incline Dumbbell Fly

3 x 10

Triceps Extensions

3 x 10

Triceps Pushdowns

3 x 10

Dimitri Workout: Legs

Warm-up:

30 minutes cardio

Workout

Barbell Back Squat

5 x 10, 8, 6, 3, 1

Barbell Front Squat

4 x 6

Hamstring Curls

3 x 10

Leg Extensions

3 x 10

Hamstring Curls

3 x 10

Calf Raises

3 x 10

Weighted Wall-Sit

3 x 1 minute

Dimitri Workout: Back

Warm-up:

30 minutes cardio

Workout

Barbell Deadlift

5 x 10, 8, 6, 3, 1

T-Bar Row

4 x 6

One Arm Dumbbell Row

3 x 10

Seated Row

3 x 10

Lateral Pulldowns

3 x 10

Pull-Ups

5 x 10

Dimitri Workout: Shoulders

Warm-up:

30 minutes cardio

Workout

Barbell Shoulder Press

5 x 10, 8, 6, 3, 1

Clean and Press

4 x 6

Arnold Press

3 x 10

Front Raise with Dumbbell

3 x 10

Lateral Raise with Dumbbell

3 x 10

Barbell Shrugs

3 x 10

Dimitri Workout: Arms

Warm-up:

30 minutes cardio

Workout

Barbell Bicep Curl

5 x 10, 8, 6, 3, 3

Preacher Curl

3 x 10

Hammer Curl

3 x 10

Close Grip Bench Press

5 x 10, 8, 6, 3, 3

Triceps Pushdowns

3x 10

Triceps Kickback

3 x 10

Day 6 and 7: Off-Days

You can take these days to rest and recover or, if you want, have an active recovery day. Go for a long run, play some sports, add in some core work or whatever else you enjoy doing!