

# RED HULK WORKOUT ROUTINE



Bonus PDF File  
By: Mike Romaine

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# RED HULK WORKOUT ROUTINE

## Training Volume:

3 days per week

## Explanation:

For this one we're going to be using Bill Starr, AKA Madcow's 5×5 Program. We'll be training 3 days per week but hitting multiple compounds each day and then rounding it off with assistance work. Please read the explanation on both the compounds and accessory lifts below.

## Powerlifting Explanation:

Madcow's 5×5 is a workout program that increases total body strength and begins with 4 sets of 5 reps with weight that gradually increases until the final heavy, 5th set.

## Extra Notes:

1×5 denotes 1 heavy set of 5 reps, after using 4 sets to gradually increase to this heavy weight.

As seen on Wednesday's Squat, 2×5 means 3 sets gradually increasing to a heavy weight and doing 5 reps of this weight for 2 sets.

Squat 1×3 (Friday) involves 4 sets of 5, gradually increasing weight until the last, heavy set of 3 for the final set of the exercise. However, on Friday, you also perform a light set of 8 reps.

### **Assistance Explanation:**

These are the lifts you perform that will **assist** your primary lifts. There is no need to max out on these or aim for continuous progression like you do on the main lifts. Pick a weight you can do comfortably in the rep ranges suggested and make increases when you can. Quality reps and resistance is what we're going for with these. These are also what Bill called "Beach Work". **DO NOT DO MORE THAN THE RECOMMENDED AMOUNT FOR ASSISTANCE WORK.**

### **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.

## **Red Hulk Workout: Sample Workout Schedule**

**Monday:** Squat, Bench, Bent Over Row and Assistance

**Tuesday:** Off Day

**Wednesday:** Squat, Overhead Press, Deadlift and Assistance

**Thursday:** Off Day

**Friday:** Squat, Bench Press, Bent Over Rows and Assistance

**Saturday:** Off Day

**Sunday:** Off Day

## **Red Hulk Workout: Squat, Bench, BB Row and Assistance**

### **Compound Lifts:**

Squat

1×5\*

Bench

1×5

Bent Over Rows

1×5

### **Assistance Work:**

2 Sets of Weighted Hyperextensions

4 Sets of Weighted Sit Ups

## **Red Hulk Workout: Squat, Incline or Military Press, Deadlift and Assistance**

### **Compound Lifts:**

Squat

2×5\*

Overhead Press

1×5

Deadlifts

1×5, 1×5

**Assistance Work:**

3 Sets of Sit Ups

**Red Hulk Workout: Squat, Bench Press, BB Row and Assistance**

**Compound Lifts:**

Squat

1×3\*

Bench Press

1×3

Bent Over Rows

1×3

**Assistance Work:**

3 Sets of Weighted Dips (5-8 rep range)

3 Sets of Barbell Curls

3 Sets of Tricep Extensions (8 reps)