

RED HULK WORKOUT ROUTINE



Bonus PDF File
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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 5x5 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 5x5 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:

1x5 denotes 1 heavy set of 5 reps, after using 4 sets to gradually increase to this heavy weight.

As seen on Wednesday's Squat, 2x5 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)