

# ROB MCELHENNEY WORKOUT ROUTINE



Bonus PDF File  
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# ROB MCELHENNEY WORKOUT ROUTINE

## Training Volume:

6 days per week

## Explanation:

We're going to be training exactly how McElhenney explains his workout. We'll be weight training 6 days a week and running 3 miles a day aside from our mandatory rest day. You'll be training with four days built around compound lifts and two days devoted to core and interval style circuit training.

## 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.

## Rob McElhenney Workout: Sample Schedule

**Monday:** Bench Press, Chest, Triceps and 3 Mile Run

**Tuesday:** Deadlift, Back, Biceps and 3 Mile Run

**Wednesday:** Calisthenics, Core, Circuit and 3 Mile Run

**Thursday:** Overhead Press, Shoulders, Traps and 3 Mile Run

**Friday:** Back Squat, Legs, Calves and 3 Mile Run

**Saturday:** Calisthenics, Core, Circuit and 3 Mile Run

**Sunday:** Mandatory Rest Day

## **Rob McElhenney Workout: Bench Press, Chest, Triceps and 3 Mile Run**

### **Warm Up:**

Walk 10 Min or Until Warm

### **Cardio:**

*Your 3 miles can be done before or after your training. This can be based on your own preference.*

Run 3 Miles

Feel free to start by “running” on and off.

### **Workout:**

Bench Press

4×10

Incline Dumbbell Press

3×10

Overhead Tricep Extension w/ Plate

3×10

Tricep Cable Pushdowns w/ Rope

3×10

Chest Flys on Machine

3×10

Dips

3×15

Hex Press

3×25

## **Rob McElhenney Workout: Deadlift, Back, Biceps and 3 Mile Run**

### **Warm Up:**

Walk 10 Min or Until Warm

### **Cardio:**

*Your 3 miles can be done before or after your training. This can be based on your own preference.*

Run 3 Miles

Feel free to start by “running” on and off.

## **Workout:**

Deadlift

4×10

Bent Over Barbell Rows

3×10

Bicep Curls w/ Bar

3×10

Hammer Curls w/ Dumbbells

3×10

Back Extension on Machine

3×10

Chin Ups

3×15

Lateral Pulldowns

3×25

**Rob McElhenney Workout: Calisthenics, Core, Circuit and 3  
Mile Run**

**Cardio:**

*Your 3 miles can be done before or after your training. This can be based on your own preference.*

Run 3 Miles

Feel free to start by “running” on and off.

**Core, Calisthenics, Circuit:**

*For Time:*

60 Plank to Push Ups

50 Jump Squats

40 Sit Ups

30 Clap Push Ups

20 Burpees

10 Chin Ups

**Rob McElhenney Workout: Overhead Press, Shoulders and Traps and 3 Mile Run****Warm Up:**

Walk 10 Min or Until Warm

**Cardio:**

*Your 3 miles can be done before or after your training. This can be based on your own preference.*

Run 3 Miles

Feel free to start by “running” on and off.

**Workout:**

Overhead Press

4×10

3 Way Shoulder Raise w/ DB

(Outer/Middle/Inner)

3×15 total

Upright Rows w/ EZ Bar

3×10

Hang Cleans

3×10

Barbell Shrugs

3×10

Push Ups



3×15

Kettlebell Swings

3×25

## **Rob McElhenney Workout: Back Squat, Legs, Calves and 3 Mile Run**

### **Warm Up:**

Walk 10 Min or Until Warm

### **Cardio:**

*Your 3 miles can be done before or after your training. This can be based on your own preference.*

Run 3 Miles

Feel free to start by “running” on and off.

### **Workout:**

Back Squat

4×10

Leg Press

3×10

Calf Raises on Leg Press Machine

3×10

Goblet Jump Squats

3×10

Box Jumps w/ Weighted Vest

3×10

Weighted Lunges w/ DB

3×15 each leg

Cable Pullthroughs

3×25

## **Rob McElhenney Workout: Calisthenics, Core, Circuit and 3 Mile Run**

### **Cardio:**

*Your 3 miles can be done before or after your training. This can be based on your own preference.*

Run 3 Miles

Feel free to start by “running” on and off.

### **Core, Calisthenics, Circuit:**

*For Time:*

60 Hanging Leg Raises

50 Push Ups

40 V-Ups

30 Pistol Squats (15 Each Leg)

20 Wide Grip Pull Ups

10 Ring Dips