

ENDEAVOR WORKOUT ROUTINE



Bonus PDF File
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ENDEAVOR WORKOUT ROUTINE

Training Volume:

5 days per week

Explanation:

For this one we're going to be working around a 5 day split that involves training 4 compound 5x5 training days, and then one day per week of full body, high reps for that extra endurance and durability. If you want to train like a hero with super-stamina you also can add in some cardio on your off days, but keep in mind that it will work against the mass gain (because you'll be burning extra calories).

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.

Endeavor Workout: Sample Workout Schedule

Monday: Bench Press Day

Tuesday: Squat Day

Wednesday: Full Body High Reps

Thursday: Overhead Press Day

Friday: Deadlift Day

Saturday: Optional Cardio and/or MMA Training

Sunday: Optional Cardio and/or MMA Training

Endeavor Workout: Bench Press Day

Warm Up:

10 Minute Incline Walk

Compound Lift:

Bench Press

5×5

Accessory Work:

Dumbbell Incline Bench Press

3×12, 10, 8

Dumbbell Skull Crushers

3×12, 10, 8

Dumbbell Hammer Press

3×12,10,8

Machine Chest Flyes

3×10

Seated Overhead Tricep Extension

3×10

Weighted Dips

3×5

Endeavor Workout: Back Squat Day

Warm Up:

10 Minute Incline Walk

Compound Lift:

Back Squats

5×5

Accessory Work:

Leg Press

3×12, 10, 8

Weighted Steps Ups

3×12, 10, 8 (each leg)

Seated Calf Raises

3×12,10,8

Dumbbell Deadlifts

3×10

Bulgarian Split Squats

3×10 each leg

Cable Pullthroughs

3×10

Endeavor Workout: Full Body High Reps

Warm Up:

10 Minute Incline Walk

Accessory Work:

Machine Chest Press

3×15

Preacher Curls

3×15

Goblet Squats

3×15

Tricep Cable Kickbacks

3×15 each arm

Chin Ups

3×15

Sit Ups

3×25

Hanging Leg Raises

3×25

Cable Crunches

3×25

Endeavor Workout: Overhead Press Day

Warm Up:

10 Minute Incline Walk

Compound Lift:

Overhead Press

5×5

Accessory Work:

Dumbbell Shoulder Front Raises

3×12, 10, 8

Upright Rows w/ EZ Bar

3×12, 10, 8

Kettlebell Swings

3×12,10,8

Arnold Press

3×10

Dumbbell Side Raises

3×10

Push Up Blowout

3xFailure

Endeavor Workout: Deadlift Day

Warm Up:

10 Minute Incline Walk

Compound Lift:

Deadlifts

5×5

Accessory Work:

Bent Over Rows

3×12, 10, 8

Back Flyes

3×12, 10, 8

Dumbbell Curls

3×12,10,8 each arm

Wide Grip Pull Ups

3×10

Lateral Pulldowns

3×10

Hammer Curls

3×10