

LUTHER WORKOUT ROUTINE



Bonus PDF File
By: Mike Romaine

Copyright Notice

No part of this report may be reproduced or transmitted in any form whatsoever, electronic, or mechanical, including photocopying, recording, or by any informational storage or retrieval system without expressed written, dated and signed permission from the author. All copyrights are reserved.

Disclaimer and/or Legal Notices

The information provided in this book is for educational purposes only. I am not a doctor and this is not meant to be taken as medical advice.

The information provided in this book is based upon my experiences as well as my interpretations of the current research available.

The advice and tips given in this course are meant for healthy adults only. You should consult your physician to insure the tips given in this course are appropriate for your individual circumstances.

If you have any health issues or pre-existing conditions, please consult with your physician before implementing any of the information provided in this course.

This product is for informational purposes only and the author does not accept any responsibilities for any liabilities or damages, real or perceived, resulting from the use of this information.

LUTHER WORKOUT ROUTINE

Training Volume:

5 days per week

Explanation:

We're going to be working with a 5x5 style of training like we've seen with other strength training protocols on the site. You'll be training 4 days a week utilizing 5x5 and then 1 day a week devoted to accessory work and pyramid 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.

Luther Hargreeves Workout: Sample Workout Schedule

Monday: Bench Press, Chest and Triceps

Tuesday: Squats, Legs and Calves

Wednesday: Accessory Work and Endurance

Thursday: Overhead Press, Shoulders and Traps

Friday: Deadlifts, Back and Biceps

Saturday: Active Rest Day

Sunday: Rest Day

Luther Hargreeves Workout: Bench Press, Chest and Triceps

Warm Up:

10 Minute Incline Walk

Compound Lift:

Bench Press

5×5

Accessory Work:

Skull Crushers

3×12,10,8

Incline Dumbbell Press

3×12,10,8

Tricep Cable Pushdowns

3×12,10,8

Chest Flyes

3×10

Weighted Dips

3×10

Luther Hargreeves Workout: Squats, Legs and Calves

Warm Up:

10 Minute Incline Walk

Compound Lift:

Back Squat

5×5

Accessory Work:

Leg Press

3×12,10,8

Hamstring Curls

3×12,10,8

Seated Calf Raises

3×12,10,8

Hip Thrusts

3×10

Cable Pullthroughs

3×10

Luther Hargreeves Workout: Accessory Work and Endurance

Warm Up:

10 Minute Incline Walk

Endurance and Accessory Circuit:

Complete 4 Rounds:

400m Jog

25 Deadlifts

20 Push Ups

15 Kettlebell Swings

10 Clean and Press

5 Goblet Squats

Luther Hargreeves Workout: Overhead Press, Shoulders and Traps

Warm Up:

10 Minute Incline Walk

Compound Lift:

Overhead Press

5×5

Accessory Work:

Power Cleans

3×12,10,8

Barbell Shrugs

3×12,10,8

Standing Dumbbell Front Raises

3×12,10,8

EZ Bar Upright Rows

3×10

Single Arm DB Snatches

3×10

Luther Hargreeves Workout: Deadlift, Back and Biceps

Warm Up:

10 Minute Incline Walk

Compound Lift:

Deadlift

5×5

Accessory Work:

Alternating Single Arm Hammer Strength Rows

3×12,10,8

Wide Grip Lateral Pulldowns

3×12,10,8

Alternating Dumbbell Curls

3×12,10,8

EZ Bar Curls

3×10

Weighted Chin Ups

3×10