

THE STORMFRONT WORKOUT ROUTINE



Bonus PDF File
By: Mike Romaine

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THE STORMFRONT WORKOUT ROUTINE

Training Volume

4 days a week of lifting

1 day active recovery (Bodyweight/Calisthenics)

2 days recovery

Explanation

With this type of program we are looking to put on mass as fast and as efficient as possible with that being said to put on good quality mass you have to lift often and train hard but also give your body time to build and recover so you can crush each day in the gym. Adding a bodyweight day serves as a buffer that prevents injury improves joint mobility and finally gives some different challenges to the muscles which in turn promotes growth.

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.

Stormfront Workout: Sample Workout Schedule

Monday: Push Day and Core

Tuesday: Pull Day

Wednesday: Calisthenics Day and Core

Thursday: Leg Day

Friday: Push and Pull and Core

Saturday: Rest

Sunday: Rest

Stormfront Workout: Push Day and Core

Warm up:

400m Jog

15 Pushups

15 Dips

Workout:

Flat Bench

4x10

Incline Dumbbell Press

4x10-8

Weighted Dips

4x8

Arnold Press

4x10

Core:

4x15 Crunches

4x 60sec Planks

4x 15 Lying Leg Lifts

Stormfront Workout: Pull Day and Core

Warm up:

400m Jog

400m Walk

Workout:

Wide grip Pull Ups

4x10

Barbell Deadlift

4x8

Bent Over Row

4×10

Dumbbell Row

4×8

Standing Curl

3×12

Seated Hammer Curl

3×12

Stormfront Workout: Bodyweight/Calisthenics Training

Total amount of reps can be accomplished through circuit or attacking each one individually.

Warm Up:

400m Jog

800m Run

400m Jog

400m Walk

Workout:

Pullups

50

Pushups

100

Dips

50

Air Squats

100

Box Jumps

20

Leg Lifts

75

Sit Ups

75

Stormfront Workout: Leg Training

Warm Up:

30 Walking Lunges

20 Air squats

400m Jog

Workout:

Front Squat

4x12

Leg Press

4x12

Hamstring Curls

4x12

Standing Calf Raise

4x15

Seated Calf Raise

4x15

Stormfront Workout: Push/Pull Training

Flat Bench

4x10

Deadlift

4x10

Incline Bench

4x10

Bent Over Row

4x10

Pushups

5x15

Pullups

5x10

Roman Chairs

4x15

Russian Twist

4x15

Bridges 4x 60 sec