

MUSCULAR WORKOUT ROUTINE



Bonus PDF File
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MUSCULAR WORKOUT ROUTINE

Training Volume:

4 days per week

Explanation:

We're going to be doing some mixed training starting with 5x5 compounds and then working our way into accessory work that will consist of of pyramid training, straight sets and even a couple supersets that will be used as finishers.

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.

Muscular Workout: Sample Workout Schedule

Monday: Bench Press and Accessory Work

Tuesday: Deadlift and Accessory Work

Wednesday: Mandatory Rest

Thursday: Overhead Press and Accessory Work

Friday: Back Squats and Accessory Work

Saturday: Rest Day

Sunday: Rest Day

Muscular Workout: Bench Press and Accessory Work

Warm Up:

Jump Rope

3×50

Compound Exercise:

Bench Press

2-4 Warm Up Sets

5×5 Main Lifts

Accessory Work:

Close Grip Bench

3×10 Straight Sets

Cable Chest Flyes

3×10 Straight Sets

Hammer Strength Decline Bench

3×12,10,8 Pyramid Sets

Reverse Grip Tricep Pushdowns

3×12,10,8 Pyramid Sets

Superset Finale:

Incline Dumbbell Chest Press

3×15,10,5 Pyramid

Overhead Tricep Extension w/ Plate

3×15,10,5 Pyramid

Muscular Workout: Deadlift and Accessory Work

Warm Up:

Jump Rope

3×50

Compound Exercise:

Deadlift

2-4 Warm Up Sets

5×5 Main Lifts

Accessory Work:

Close Grip Cable Rows

3×10 Straight Sets

Chin Ups

3×10 Straight Sets

Wide Grip Lateral Pulldowns

3×12,10,8 Pyramid Sets

Preacher Curls

3×12,10,8 Pyramid Sets

Superset Finale:

Hammer Strength Pulldowns

3×15,10,5 Pyramid

Hammer Curls

3×15,10,5 Pyramid

Muscular Workout: Overhead Press and Accessory Work

Warm Up:

Jump Rope

3×50

Compound Exercise:

Overhead Press

2-4 Warm Up Sets

5×5 Main Lifts

Accessory Work:

Standing Alternating DB Front Raises

3×10 Straight Sets

Hang Cleans w/ Barbell

3×10 Straight Sets

Seated Arnold Press

3×12,10,8 Pyramid Sets

Barbell Shrugs

3×12,10,8 Pyramid Sets

Superset Finale:

Dumbbell Side Raises

3×15,10,5 Pyramid

Dumbbell Shrugs

3×15,10,5 Pyramid

Muscular Workout: Back Squat and Accessory Work

Warm Up:

Jump Rope

3×50

Compound Exercise:

Back Squat

2-4 Warm Up Sets

5×5 Main Lifts

Accessory Work:

Seated Calf Raises

3×10 Straight Sets

Quad Extensions

3×10 Straight Sets

Leg Press

3×12,10,8 Pyramid Sets

Hamstring Curls

3×12,10,8 Pyramid Sets

Superset Finale:

Goblet Squats

3×15,10,5 Pyramid

Weighted Step Ups

3×16,10,6 Pyramid