

ESCANOR WORKOUT ROUTINE



Bonus PDF File
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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.

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ESCANOR WORKOUT ROUTINE

Training Volume:

4-5 days per week

Explanation:

For Escanor's training we're going to be powerlifting! If powerlifting isn't exactly your style, that's okay, our next routine will be Mael and we'll be looking to get HUGE and tack on mass with a different format. Your Light Cardio during Recovery day is optional.

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.

Escanor Workout Routine: Sample Workout Schedule

Monday: Squats and Back Work

Tuesday: Deadlift and Bench Press

Wednesday: Recovery: Light Cardio 30-60 Minutes

Thursday: Squats and Back Work

Friday: Deadlift and Bench Press

Saturday: Rest Day

Sunday: Active Rest Day

Escanor Workout Routine: Squats and Back

Heavy Work:

Back Squats

5×15, 10, 5, 5, 3

Bench Row (Or some variation of a chest supported row)

4×10

Front Squats

4×10

Accessory Lifts:

Lateral Raises

3×10

Wide Grip Lateral Pulldowns

3×10

Chin Ups

3×10

Barbell Shrugs

3×10

Escanor Workout Routine: Deadlifts and Bench Press

Heavy Work:

Deficit Deadlifts

4×5

Bench Press

5×15, 10, 5, 5, 3

Deadlift

5×15, 10, 5, 5, 3

Accessory Lifts:

Upright Rows

3×10

Seated Calf Raises

3×10

Chest Flyes

3×10

Tricep Overhead Extensions

3×10

Escanor Workout Routine: Recovery: Light Cardio 30-60 Minutes

For this I recommend 30-60 minutes of varied cardio.

You can do this any way you please, but keep it light and let your body recover!

I personally do 10-20 minutes on multiple cardio machines ranging from:

- Treadmill Incline Walk
- StairMaster
- Row Machine
- Bike
- Elliptical

Escanor Workout Routine: Squats and Back

Heavy Work:

Back Squats

5×15, 10, 5, 5, 3

Bench Row (Or some variation of a chest supported row)

4×10

Front Squats

4×10

Accessory Lifts:

Hamstring Curls

3×10

Quad Extensions

3×10

Single Arm KB Deadlift (Alternating)

3×10 each arm

Kettlebell Swings

3×10

Escanor Workout Routine: Deadlift and Bench Press

Heavy Work:

Deficit Deadlifts

4×5

Bench Press

5×15, 10, 5, 5, 3

Deadlift

5×15, 10, 5, 5, 3

Accessory Lifts:

Power Cleans

3×10

Incline Dumbbell Press

3×10

Preacher Curls

3×10

Tricep Cable Kickbacks

3×10 each arm