

MAEL

WORKOUT ROUTINE



Bonus PDF File
By: Mike Romaine

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MAEL WORKOUT ROUTINE

Training Volume:

5 days per week

Explanation:

For this one you're going to have 5 days of heavy lifting! Get ready. It'll be fairly low volume to avoid over training being that we'll be lifting every single day of the week and only rest on weekends, but the intensity will still be high due to your pyramid training.

If you want to know more about specific types of pyramid training and get exact numbers/weights to utilize for these lifts you can utilize the upgrade tool inside The Academy, as described below.

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.

Mael Workout Routine: Sample Workout Schedule

Monday: Chest Day

Tuesday: Leg Day

Wednesday: Arm Day

Thursday: Shoulder Day

Friday: Back Day

Saturday: Active Rest

Sunday: Rest Day

Mael Workout Routine: Chest Day

Warm Up:

10 Minute Incline Walk

Reverse Pyramid Training:

Bench Press

Warm Up: 2-3 sets

Set One: 4-6 reps

Set Two: 6-8 reps

Set Three: 10-12 reps

Traditional Pyramid Training:

Incline Bench Press

3×12,10,8

Chest Flyes

3×12,10,8

Weighted Dips

3×10,8,5

Incline Cable Chest Flyes

3×15,12,10

Mael Workout Routine: Leg Day

Warm Up:

10 Minute Incline Walk

Reverse Pyramid Training:

Back Squats

Warm Up: 2-3 sets

Set One: 4-6 reps

Set Two: 6-8 reps

Set Three: 10-12 reps

Traditional Pyramid Training:

Leg Press

3×12,10,8

Hamstring Curls

3×12,10,8

Front Squats

3×10,8,5

Seated Calf Raises

3×15,12,10

Mael Workout Routine: Arm Day

Warm Up:

10 Minute Incline Walk

Reverse Pyramid Training:

Preacher Curls

Warm Up: 2-3 sets

Set One: 4-6 reps

Set Two: 6-8 reps

Set Three: 10-12 reps

Close Grip Bench

Warm Up: 2-3 sets

Set One: 4-6 reps

Set Two: 6-8 reps

Set Three: 10-12 reps

Traditional Pyramid Training:

Seated Overhead Tricep Extension

3×12,10,8

Alternating Hammer Curls

3×12,10,8

Chin Ups

3×10,8,5

Dips

3×15,12,10

Mael Workout Routine: Shoulder Day

Warm Up:

10 Minute Incline Walk

Reverse Pyramid Training:

Overhead Press

Warm Up: 2-3 sets

Set One: 4-6 reps

Set Two: 6-8 reps

Set Three: 10-12 reps

Traditional Pyramid Training:

Kettlebell Sumo Deadlift High Pull

3×12,10,8

Lateral Raises

3×12,10,8

Barbell Shrugs

3×10,8,5

Seated Arnold Press

3×15,12,10

Mael Workout Routine: Back Day

Warm Up:

10 Minute Incline Walk

Reverse Pyramid Training:

Deadlift

Warm Up: 2-3 sets

Set One: 4-6 reps

Set Two: 6-8 reps

Set Three: 10-12 reps

Traditional Pyramid Training:

Lateral Pulldowns

3×12,10,8

Barbell Rows

3×12,10,8

Pull Ups

3×10,8,5

Light Single Arm Bench Rows

3×15,12,10 each arm