

# RICKY WHITTLE WORKOUT ROUTINE



Bonus PDF File  
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# RICKY WHITTLE “HIATUS” WORKOUT ROUTINE

## Training Volume:

4+ days per week

## Explanation:

We’re going to be training with our standard compound movements as the base of our workout and then building around them with heavy lifting and weighted vest exercises like Glazer mentions with MJ. We’ll also be adding in an optional 3 days of “active off days” consisting of boxing that I will add our MMA resources and workouts for.

## 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.

## Ricky Whittle Workout: Sample Schedule

**Monday:** Bench Press, Chest and Triceps

**Tuesday:** Deadlift, Back and Biceps

**Wednesday:** Active Rest Day (Optional Boxing/MMA)

**Thursday:** Overhead Press, Shoulders and Traps

**Friday:** Back Squats, Legs and Calves

**Saturday:** Active Rest Day (Optional Boxing/MMA)

**Sunday:** Active Rest Day (Optional Boxing/MMA)

## **Ricky Whittle Workout: Bench Press, Chest and Triceps**

### **Compound Movement:**

Bench Press

4×12

*Rest as long as needed to get a complete, heavy and good lift.*

### **Accessory Movements:**

Incline Hammer Strength Bench

4×12

EZ Bar Skull Crushers

4×12

Seated Cable Tricep Overhead Extensions

4×12

Weighted Dips

4×10

Weighted Push Ups

4×25

## **Ricky Whittle Workout: Deadlift, Back and Biceps**

### **Compound Movement:**

Deadlift (Hex Bar)

4×12

*Rest as long as needed to get a complete, heavy and good lift.*

### **Accessory Movements:**

Renegade Rows

4×12 each arm

Alternating Dumbbell Curls

4×12 each arm

Bent Over Barbell Rows

4×12

Weighted Chin Ups

4×10

Wide Grip Cable Rows

4×12

## **Ricky Whittle Workout: Overhead Press, Shoulders and Traps**

### **Compound Movement:**

Standing Barbell Overhead Press

4×12

*Rest as long as needed to get a complete, heavy and good lift.*

### **Accessory Movements:**

Seated Alternating Dumbbell Front Raises

4×12 each arm

Lateral Raises

4×12

Heavy Kettlebell Swings

4×12

Heavy Barbell Shrugs

4×10

Weighted Push Ups

4×25

## **Ricky Whittle Workout: Back Squat, Legs and Calves**

### **Compound Movement:**

Back Squat (Smith Machine)

4×12

*Rest as long as needed to get a complete, heavy and good lift.*

### **Accessory Movements:**

Leg Press

4×12

Single Leg Hamstring Curls

4×12 each leg

Bulgarian Split Squats

4×12 each leg

Weighted Step Ups

4×10

Seated Calf Raises

4×15

## **Ricky Whittle Workout: MMA Resources**

- [Deathstroke Workout Routine](#)
- [Daredevil Workout Routine](#)
- [Moon Knight Workout Routine](#)
- [Sagat Workout Routine](#)
- [Anna Diop Workout Routine and Diet Plan](#)
- [Ryan Potter Workout Routine and Diet Plan](#)
- [Frank Grillo Boxing Workout](#)