

# RICKY WHITTLE "HIATUS" WORKOUT ROUTINE



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Bonus PDF File  
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# RICKY WHITTLE “HIATUS” WORKOUT ROUTINE

**Training Volume:**

One Workout

(To Be Repeated)

**You will need:**

Dumbbells, Barbell, Hex Bar

**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 “Hiatus” Workout Routine:**

### **Training Between Roles**

**Workout:**

4 Supersets with 60 Second Rest Periods

**Superset One:**

A. Walking Lunges

4×10 each leg

B. Renegade DB Rows

4×10

**Superset Two:**

A. Hex Bar Deadlift

4×10

B. Shoulder Press

4×10

**Superset Three:**

A. Barbell Squat

4×15

B. Dumbbell Bench Press

4×15

**Superset Four:**

A. Bulgarian Split Squats

4×10 per leg

B. Bent Over Alternating DB Rows

4×10 each arm