

GAROU

WORKOUT ROUTINE



Bonus PDF File
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GAROU WORKOUT ROUTINE

Training Volume:

6 days per week

Explanation:

We're going to need to step it up a notch to fit in all of our training. We're going to be doing a four day weight training and endurance split and then tacking on 2 days of mixed martial arts training as well.

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.

Garou Workout Routine: Sample Workout Schedule

Monday: Hero Hunter Chest and Triceps

Tuesday: Hero Hunter Back and Biceps

Wednesday: Master Mixed Martial Artist Training

Thursday: Hero Hunter Shoulder and Traps

Friday: Hero Hunter Legs and Calves

Saturday: Master Mixed Martial Artist Training

Sunday: Rest Day

Garou Workout Routine: Hero Hunter Chest and Triceps

Warm Up:

Jump Rope

3×100

Workout:

Incline Bench Press

4×12, 10, 8, 5

Cable Tricep Pushdowns

3×12, 10, 8

Chest Flyes (Machine/Dumbbell/Cables)

3×12, 10, 8

Cable Kickbacks

3×12, 10, 8 each arm

Blowout Tri-Set:

A. Dips

3×15-20

B. Floor Hex Press

3×10

C. Push Ups

3×Failure

Garou Workout Routine: Hero Hunter Back and Biceps

Warm Up:

Jump Rope

3×100

Workout:

Barbell Rows

4×12, 10, 8, 5

Alternating Dumbbell Curls

3×12, 10, 8 each arm

Wide Grip Pulldowns

3×12, 10, 8

Cable Hammer Curls with Rope

3×12, 10, 8

Blowout Tri-Set:

A. Chin Ups

3×10

B. Kettlebell Deadlift

3×10

C. Wide to Close Push Ups

3×Failure

Garou Workout Routine: Hero Hunter Shoulders and Traps

Warm Up:

Jump Rope

3×100

Workout:

Standing Barbell Overhead Press

4×12, 10, 8, 5

Barbell Shrugs

3×12, 10, 8

Upright Rows

3×12, 10, 8

Power Cleans

3×12, 10, 8

Blowout Tri-Set:

A. Kettlebell Swings

3×15

B. Dumbbell Front Raises

3×10

C. Push Ups

3×Failure

Garou Workout Routine: Hero Hunter Legs and Calves

Warm Up:

Jump Rope

3×100

Workout:

Back Squat

4×12, 10, 8, 5

Seated Calf Raises

3×12, 10, 8

Hamstring Curls

3×12, 10, 8

Quad Extensions

3×12, 10, 8

Blowout Tri-Set:

A. Bulgarian Split Squats

3×10 each leg

B. Weighted Step Ups

3×10 each leg

C. Alternating Pistol Squats

3×Failure

Garou Workout Routine: Mixed Martial Arts 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](#)