

# MOB PSYCHO 100 WORKOUT ROUTINE



Bonus PDF File  
By: Mike Romaine

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# MOB PSYCHO 100 WORKOUT ROUTINE

## Training Volume:

4 days per week

## Explanation:

For this we're not going to be doing any extra training than absolutely necessary. We're training for POWER. And in our case that means strength. So we'll be training for 4 days with huge compound lifts and then a few accessory lifts, but nothing more than what will increase our power level.

## 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.

## Mob Psycho 100 Workout Routine: Sample Workout Schedule

**Monday:** Power Increase Bench Day

**Tuesday:** Power Increase Squat Day

**Wednesday:** Rest Day

**Thursday:** Power Increase Overhead Press Day

**Friday:** Power Increase Deadlift Day

**Saturday:** Rest Day

**Sunday:** Rest Day

## **Mob Psycho 100 Workout Routine: Power Increase Bench Day**

### **Compound Lift:**

Bench Press

5×5

### **Accessory Work:**

Chest Flyes

3×10

Tricep Overhead Extension

3×10

Weighted Dips

3×10

## **Mob Psycho 100 Workout Routine: Power Increase Squat Day**

### **Compound Lift:**

Back Squat

5×5

### **Accessory Work:**

Leg Press

3×10

Hamstring Curls

3×10

Quad Extensions

3×10

## **Mob Psycho 100 Workout Routine: Power Increase Overhead Press Day**

### **Compound Lift:**

Overhead Press

5×5

**Accessory Work:**

Barbell Shrugs

3×10

Arnold Press

3×10

Front Raises

3×10

**Mob Psycho 100 Workout Routine: Power Increase Deadlift Day**

**Compound Lift:**

Deadlift

5×5

**Accessory Work:**

Bent Over Rows

3×10

Preacher Curls

3×10

Chin Ups

3×10