

ARMSTRONG WORKOUT ROUTINE



Bonus PDF File
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The information provided in this book is based upon my experiences as well as my interpretations of the current research available.

The advice and tips given in this course are meant for healthy adults only. You should consult your physician to insure the tips given in this course are appropriate for your individual circumstances.

If you have any health issues or pre-existing conditions, please consult with your physician before implementing any of the information provided in this course.

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ARMSTRONG WORKOUT ROUTINE

Training Volume:

4-6 days per week

Explanation:

Your gym-based Strongman training is going to be 4 days per week. I'll also provide you with resources for running and mixed martial arts to include another 2 days of training if you'd like to train even more like Armstrong and his cross-country running.

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.

Armstrong Workout Routine: Sample Workout Schedule

Monday: Lower Body Strongman A

Tuesday: Upper Body Strongman A

Wednesday: Rest or Endurance Work

Thursday: Lower Body Strongman B

Friday: Upper Body Strongman B

Saturday: Rest or Endurance Work

Sunday: Mandatory Rest Day

Armstrong Workout Routine: Lower Body Strongman A

Barbell Deadlift

5×12, 10, 8, 5, 3

Zercher Squat

3×6

Seated Good Mornings

3×10

Split Squats with Dumbbells

3×10 each leg

DB Farmer's Walk

3x50M

Armstrong Workout Routine: Upper Body Strongman A

Hang Clean

5×5

Push Press

4×10, 8, 5, 3

Incline Dumbbell Bench Press

3×8

Pull Ups

5×5

Hammer Curls

3×12 each arm

Armstrong Workout Routine: Lower Body Strongman B

Barbell Front Squat

5×12, 10, 8, 5, 5

Hex-Bar Deadlift

3×6

Barbell Bulgarian Split Squats

3×8 each leg

Barbell Stiff-Legged Deadlift

3×8

Barbell Front Squat

3×20

Armstrong Workout Routine: Upper Body Strongman B

Barbell Incline Bench Press

5×12, 10, 8, 5, 3

Bent Over Barbell Rows

3×8

Military Press

3×8

One-Arm Dumbbell Rows

3×10 each arm

Smith Machine Shoulder Press

3×10

Armstrong Workout Routine: Endurance and MMA Resources

Endurance Training Resources:

- [Constance Wu Workout Routine and Diet Plan](#)
- [Ewan McGregor Workout Routine and Diet Plan](#)
- [Kid Flash Workout Routine and Diet Plan](#)
- [Grant Gustin Workout Routine and Diet Plan](#)
- [How To Train After Your First 5K \(Workout Included\)](#)

MMA Training 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](#)