

GIGANTOMACHIA WORKOUT ROUTINE



Bonus PDF File
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GIGANTOMACHIA WORKOUT ROUTINE

Training Volume:

5 days per week

Explanation:

We're going to be lifting HEAVY. We're going to devote four days to lifting our major compounds, and then a day to accessory work to work on anything that might fall behind.

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.

Gigantomachia Workout Routine: Sample Workout Schedule

Monday: Gigantic Bench Day

Tuesday: Gigantic Deadlift Day

Wednesday: Gigantic Accessory Day

Thursday: Gigantic Squat Day

Friday: Gigantic Overhead Press Day

Saturday: Optional Active Rest Day

Sunday: Mandatory Rest Day

Gigantomachia Workout Day One: Bench Press

Warm Up:

5-10 min warm up walk

Warm up before each set 2-3 sets making it up to your “working set” for your compounds.

Heavy Workout:

Bench Press

5×5

Close Grip Bench

5×5

Incline Bench Press

5×5

Tricep Pushdowns

5×5

Accessory Work:

Cable Flys

3×10

Tricep Kickbacks

3×10

Dumbbell Pullovers

3×10

Tricep Overhead Extension

3×10

Gigantomachia Workout Day Two: Deadlift

Warm Up:

5-10 min warm up walk

Warm up before each set 2-3 sets making it up to your “working set” for your compounds.

Heavy Workout:

Deadlift

5×5

Preacher Curls

5×5

Bent Over Rows

5×5

Dumbbell Bicep Curls

5×5 each arm

Accessory Work:

Lateral Pulldowns

3×10

Hammer Curls (Cable or DB)

3×10

Cable Rows

3×10

Chin Ups

3×10

Gigantomachia Workout Day Three: Accessory

Warm Up:

5-10 min warm up walk

Warm up before each set 2-3 sets making it up to your “working set” for your compounds.

Accessory Work:

Heavy Tire Flip

3×50 yd

Heavy Kettlebell Swings

3×10

Farmers Carry

3×50 yd

Heavy Barbell Power Cleans

3×10

Heavy Tire Flip

3×50 yd

Heavy Barbell Shrugs

3×10

Farmers Carry

3×50 yd

Gigantomachia Workout Day Four: Squats

Warm Up:

5-10 min warm up walk

Warm up before each set 2-3 sets making it up to your “working set” for your compounds.

Heavy Workout:

Back Squat

5×5

Leg Press

5×5

Front Squats

5×5

Hamstring Curls

5×5

Accessory Work:

Seated Calf Raises

3×10

Quad/Leg Extension

3×10

Bulgarian Split Squats

3×10

Straight Leg Deadlift

3×10

Gigantomachia Workout Day Five: Military Press

Warm Up:

5-10 min warm up walk

Warm up before each set 2-3 sets making it up to your “working set” for your compounds.

Heavy Workout:

Military Press

5×5

Barbell Shrugs

5×5

Arnold Press

5×5

Cable Lateral Raises

5×5

Accessory Work:

Shoulder DB Front Raises

3×10

Barbell Upright Rows

3×10

Dumbbell Shrugs

3×10

Face Pulls

3×10