

# GOL D. ROGER WORKOUT ROUTINE



Bonus PDF File  
By: **Mike Romaine**

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# GOL D. ROGER WORKOUT ROUTINE

## Training Volume:

4 days per week

## Explanation:

We're going to be building this one around our four BIG main compound lifts and then build out the training with accessory work on top of it. If you'd like to add in extra resources like MMA, Parkour, Endurance or HIIT on top of it then that's your choice, but will generally be counterproductive to the goal of getting HUGE like Roger.

## 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.

## Gol D. Roger Workout Routine: Sample Workout Schedule

**Monday:** Pirate Bench Press, Chest and Triceps

**Tuesday:** Pirate Deadlift, Back and Biceps

**Wednesday:** Rest Day

**Thursday:** Pirate Overhead Press, Shoulders and Traps

**Friday:** Pirate Back Squat, Legs and Calves

**Saturday:** Active Rest Day

**Sunday:** Mandatory Rest Day

## **Gol D. Roger Workout Routine: Pirate Bench Press, Chest and Triceps**

### **Warm Up:**

10 Minute Incline Walk

### **Compound Lift (Pyramid Training):**

Bench Press

5×12, 10, 8, 5, 3

### **Accessory Work:**

Tricep Overhead Extension

3×12

Incline Dumbbell Bench Press

3×10

Tricep Cable Pushdowns

3×10

Chest Flyes

3×10

Tricep Kickbacks

3×10 each arm

Dips

3×10

## **Gol D. Roger Workout Routine: Pirate Deadlift, Back and Biceps**

### **Warm Up:**

10 Minute Incline Walk

### **Compound Lift (Pyramid Training):**

Deadlift

5×12, 10, 8, 5, 3

### **Accessory Work:**

Bent Over Rows

3×12

Preacher Curls

3×10

Cable Rows

3×10

Lateral Pulldowns

3×10

Alternating DB Hammer Curls

3×10 each arm

Chin Ups

3×10

## **Go! D. Roger Workout Routine: Pirate Overhead Press, Shoulders and Traps**

**Warm Up:**

10 Minute Incline Walk

## **Compound Lift (Pyramid Training):**

Overhead Press

5×12, 10, 8, 5, 3

## **Accessory Work:**

Barbell Shrugs

3×12

Lateral Raises

3×10

Hang Cleans

3×10

Upright Rows

3×10

Seated Front Raises

3×10 each arm

Handstand Push Ups

3×10

# **Gol D. Roger Workout Routine: Pirate Back Squat, Legs and Calves**

## **Warm Up:**

10 Minute Incline Walk

## **Compound Lift (Pyramid Training):**

Back Squat

5×12, 10, 8, 5, 3

## **Accessory Work:**

Leg Press

3×12

Calf Raises on leg Press

3×10

Hamstring Curls

3×10

Quad Extensions

3×10



Seated Calf Raises

3×10

Weighted Step Ups

3×10