

PATRICK MAHOMES WORKOUT ROUTINE



Bonus PDF File
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Training Volume:

One Day of Training

(To Be Repeated and Varied w/ Other Training)

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.

Patrick Mahomes Workout

This workout is shared by Men's Health, Patrick Mahomes and his trainer Bobby Stroupe!

Medicine Ball Training:

Situp Medball Throw

3×3 reps

Granny Toss

3×2 reps

Shotput Throw

3×3 reps per side

Partner Pass Rainbow Slam

3×2 reps each way

Track Work:

Single-Leg Broad Jump

2×3 reps per leg

Hurdle Bounds

3×15 yards

(Superset with 10 yard sprints)

Sled Push

3×15 yards

Backwards Sled Pull

3×15 yards

Lateral Sled Drag

3×15 yards

Get-Up Sprints

3×10 yards

Cone Speed Drill

2 rounds with 3 cones

Strength Training:

Front Foot Elevated Split Squat

4×5 reps per leg

3-Point Isometric Pullup

4×6 reps

Overcoming Isometric Trap Bar Deadlift

3×30 seconds

Cable Push Pull

3×5 reps each way

Weighted Hip Thrust

3×5 reps with 5 second hold at top