

MACHIO NARUZO WORKOUT ROUTINE



Bonus PDF File
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MACHIO NARUZO WORKOUT ROUTINE

Training Volume:

6 days per week

Explanation:

You'll rest one day per week. That's generally Sundays. It'll be a 3-day split that runs twice per week and switches some movements up. Enjoy and get BIG!

Rest Between Sets:

All workouts should have a 45 second rest between set and should be performed in [pyramid](#) fashion.

Supersets:

Supersets are performed one movement after another without rest. The rest will come between each SET, so you will perform your two movements, and then rest, and rinse and repeat.

Cheat Sheet:

After Days 1-3, Days 4-6 look identical with the exception of "Good Mornings" only being performed once per week, falling on Day 3 in this case.

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.

Mario Naruzo Workout Routine: Sample Workout Schedule

Monday: Bodybuilder Chest and Back A

Tuesday: Bodybuilder Shoulders and Arms A

Wednesday: Bodybuilder Legs A

Thursday: Bodybuilder Chest and Back B

Friday: Bodybuilder Shoulders and Arms B

Saturday: Bodybuilder Legs B

Sunday: Mandatory Rest Day

Machio Naruzo Workout Routine Day One: Chest and Back

Warm Up:

Stretch/Foam Roll

Workout:

Barbell Bench Press

5×30, 12, 10, 8, 6

Incline Bench Press

5×30, 12, 10, 8, 6

Superset:

Dumbbell Flys and Dumbbell Pullovers

5×30, 12, 10, 8, 6

Chin Up (Wide Grip)

4×10-20 (or failure)

Superset 2:

Bent Over Barbell Row and Bent Over Double Dumbbell Row

5×30, 12, 10, 8, 6

Hanging Leg Raises

5×25

Machio Naruzo Workout Routine Day Two: Shoulders and Arms

Warm Up:

Stretch/Foam Roll

Workout:

Clean and Press

5×25

Superset:

Standing Dumbbell Press and Front Dumbbell Raise

5×30, 12, 10, 8, 6

Superset 2:

Side Lateral Raise and Upright Barbell Row

5×30, 12, 10, 8, 6

Chin Up (Wide Grip)

4×10-20 (or failure)

Barbell or Preacher Curls

5×30, 12, 10, 8, 6

Superset 3:

Incline Dumbbell Curl and Concentration Curls

5×30, 12, 10, 8, 6

Close Grip Barbell Bench

5×30, 12, 10, 8, 6

Superset 4:

Skull Crushers and Tricep Overhead Extensions

5×30, 12, 10, 8, 6

Wrist Curls over Bench w/ Barbell

5×30, 12, 10, 8, 6

Decline Crunches

5×25

Machio Naruzo Workout Routine Day Three: Legs

Warm Up:

Stretch/Foam Roll

Workout:

Barbell Back Squats

5×8-12

Straight Leg Barbell Deadlift

5×8-12

Good Mornings

5×8-12

Barbell Lunges

5×8-12 each leg

Superset:

Leg Extensions and Seated Leg Curls

5×8-12

Superset 2:

Standing Calf Raises and Seated Calf Raises

5×8-12

Cable Crunches

5×8-12

Machio Naruzo Workout Routine Day Four: Chest and Back

Warm Up:

Stretch/Foam Roll

Workout:

Barbell Bench Press

5×30, 12, 10, 8, 6

Incline Bench Press

5×30, 12, 10, 8, 6

Superset:

Dumbbell Flys and Dumbbell Pullovers

5×30, 12, 10, 8, 6

Chin Up (Wide Grip)

4×10-20 (or failure)

Superset 2:

Bent Over Barbell Row and Bent Over Double Dumbbell Row

5×30, 12, 10, 8, 6

Hanging Leg Raises

5×25

Machio Naruzo Workout Routine Day Five: Shoulders and Arms

Warm Up:

Stretch/Foam Roll

Workout:

Clean and Press

5×25

Superset:

Standing Dumbbell Press and Front Dumbbell Raise

5×30, 12, 10, 8, 6

Superset 2:

Side Lateral Raise and Upright Barbell Row

5×30, 12, 10, 8, 6

Chin Up (Wide Grip)

4×10-20 (or failure)

Barbell or Preacher Curls

5×30, 12, 10, 8, 6

Superset 3:

Incline Dumbbell Curl and Concentration Curls

5×30, 12, 10, 8, 6

Close Grip Barbell Bench

5×30, 12, 10, 8, 6

Superset 4:

Skull Crushers and Tricep Overhead Extensions

5×30, 12, 10, 8, 6

Wrist Curls over Bench w/ Barbell

5×30, 12, 10, 8, 6

Decline Crunches

5×25

Machio Naruzo Workout Routine Day Six: Legs

Warm Up:

Stretch/Foam Roll

Workout:

Barbell Back Squats

5×8-12

Straight Leg Barbell Deadlift

5×8-12

Barbell Lunges

5×8-12 each leg

Superset:

Leg Extensions and Seated Leg Curls

5×8-12

Superset 2:

Standing Calf Raises and Seated Calf Raises

5×8-12

Cable Crunches

5×8-12