

# MONKEY D. GARP WORKOUT ROUTINE



Bonus PDF File  
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# MONKEY D. GARP WORKOUT ROUTINE

## Training Volume:

6 days per week

## Explanation:

We're training to become massive and the strength training we do will allow the speed of Monkey D. Garp to follow with it. This program is inspired by a massive human (drawing inspiration from Dwayne Johnson's routine) and we're going to be hitting a different body part every single day of the week and then having a mandatory rest day at the very end.

## 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.

## Monkey D. Garp Workout Routine: Sample Workout Schedule

**Monday:** Massive Marine Chest Day

**Tuesday:** Massive Marine Back Day

**Wednesday:** Massive Marine Tricep Day

**Thursday:** Massive Marine Shoulder Day

**Friday:** Massive Marine Leg Day

**Saturday:** Massive Marine Bicep Day

**Sunday:** Mandatory Rest Day

## **Monkey D. Garp Workout: Massive Marine Chest Day**

Barbell Chest Press:

4x12

Incline Dumbbell Press:

4x12

Cable Crossovers

4x12

Dumbbell Flyes

4x12

Dips

4x20

Push Ups

4x20

## **Monkey D. Garp Workout: Massive Marine Back Day**

Deadlift

4x12

Wide Grip Lateral Pull Downs

4×12

Close Grip Lateral Pull Downs

4×12

One Arm Seated Cable Rows

4×12

Hammer Strength Rows

4×12

Wide Grip Pull Ups

4×12

## **Monkey D. Garp Workout: Massive Marine Tricep Day**

Skull Crushers

4×12

Overhead Tricep Extension

4×12

One Arm Reverse Grip Tricep Extension

4×12

Tricep Push Downs

4x12

Close Grip Bench Press

4x12

Cable/Dumbbell Kickbacks

4x12

## **Monkey D. Garp Workout: Massive Marine Shoulder Day**

Barbell Overhead Press

4x12

Cable Front Raises (Alternating Arms or Straight Bar)

4x12

Dumbbell Arnold Presses

4x12

Barbell Shrugs

4x12

Rear Delt Cable Raise

4x12

Pull Ups

4x12

## **Monkey D. Garp Workout: Massive Marine Leg Day**

Squats

4x12

Calf Raises

4x12

Dumbbell Weighted Lunges

4x12

Leg Press

4x12

Hack Squat

4x12

Box Jumps

4x12

## **Monkey D. Garp Workout: Massive Marine Bicep Day**

Preacher Curls

4x12

Dumbbell Hammer Curls

4x12

Spider Curls

4×12

Overhead Cable Curls

4×12

Zottman Curls

4×12

Chin Ups

4×12