

BIG MOM WORKOUT ROUTINE



Bonus PDF File
By: Mike Romaine

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The advice and tips given in this course are meant for healthy adults only. You should consult your physician to ensure the tips given in this course are appropriate for your individual circumstances.

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BIG MOM WORKOUT ROUTINE

Training Volume:

3 days per week

Explanation:

For this one we're going to be powerlifting with a 3 day split. We have had a couple other powerlifting oriented workouts for women on the site thus far, but none that really dove right in like this one is going to. For that reason I want to start slightly beginner oriented while focusing on these big lifts and building big strength.

Additional Accessory Work and Training Options:

If you'd like to add in another day or two of training you can do so by utilizing some of the additional resources I provide at the end of the routine or even by tacking on an extra full body day devoted to accessory work you feel you need to be utilizing. The key is to make sure you are getting plenty of rest between each training session to prioritize growth and recovery.

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.

Big Mom Workout Routine: Sample Workout Schedule

Monday: Heavy 5×5 Back Squat Day

Tuesday: Rest Day or Bonus Training

Wednesday: Heavy 5×5 Bench Press Day

Thursday: Rest Day or Bonus Training

Friday: Heavy 5×5 Deadlift Day

Saturday: Rest Day

Sunday: Rest Day

Big Mom Workout Routine: Heavy 5×5 Back Squat Day

Warm Up:

High Incline Walk for 5-10 Minutes

Heavy Compound:

Back Squats

5×5

Accessory Lifts:

Front Squats

3×10

Branded Bridges

3×12

Banded Clams

3×12

Seated Calf Raises

3×15

Big Mom Workout Routine: Heavy 5×5 Bench Press Day

Warm Up:

High Incline Walk for 5-10 Minutes

Heavy Compound:

Bench Press

5×5

Accessory Lifts:

Close Grip Bench Press

3×8

Incline Dumbbell Bench Press

3×10

Dumbbell Lateral Raises

3×12

Weighted Dips

3×8

Big Mom Workout Routine: Heavy 5×5 Back Deadlift Day

Warm Up:

High Incline Walk for 5-10 Minutes

Heavy Compound:

Deadlift

5×5

Accessory Lifts:

Back Extensions

4×10

Upright Rows

3×10

Alternating Dumbbell Bicep Curls

3×10 each arm

Chin Ups

3×10

Big Mom Workout Routine: Additional Optional Training Resources

High Intensity Interval Training Resources:

- [High Intensity Interval Workouts](#)
- [Jump Rope Circuit Workouts](#)

Parkour Training Resources:

- [The Nightrunner Parkour Workout Routine](#)
- [The Assassin's Creed Parkour Workout Routine](#)
- [The Robbie Amell Parkour Workout Routine](#)

Main MMA Training Resources

- [Anna Diop Workout Routine and Diet Plan](#)
- [Ryan Potter Workout Routine and Diet Plan](#)
- [Frank Grillo Boxing Workout](#)

Other MMA Training Resources:

- [Deathstroke Workout Routine](#)
- [Daredevil Workout Routine](#)
- [Moon Knight Workout Routine](#)
- [Sagat Workout Routine](#)

Endurance Training Resources:

- [Constance Wu Workout Routine and Diet Plan](#)
- [Ewan McGregor Workout Routine and Diet Plan](#)
- [Kid Flash Workout Routine and Diet Plan](#)
- [Grant Gustin Workout Routine and Diet Plan](#)
- [How To Continue Training After Your First 5K \(Workout Included\)](#)