

# BOBBY MAXIMUS WORKOUT ROUTINE

NEW & UPDATED CELEB TRAINING & RESEARCH



## BOBBY MAXIMUS UFC POWERHOUSE WORKOUT ROUTINE

SUPERHEROJACKED.COM



Bonus PDF File  
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# BOBBY MAXIMUS WORKOUT ROUTINE

**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 & traditional pyramid training, straight sets, super sets, progressive overload and more.

## **Bobby Maximus Workout**

*This workout is shared by Men's Health and Bobby Maximus.*

### **MOBILITY PORTION**

Wall Squats 2 Sets of 5 Reps

Overhead Wall Squat

1 Set of 5 Reps

Overhead Squat

5 Heavy Singles (1 Rep Each)

**STRENGTH PORTION**

Deadlift + Banded Jumps

5x Rounds: 2 Heavy Deadlift Reps + 5 Banded Jumps

Trap Bar Deadlift + Box Jump Sequence

5 – 10x Rounds

**VANITY PORTION**

Bench Press

3 Sets of 10 – 15 Reps

Pull Ups

50 Reps Total

Dips

50 Reps Total

Pushups

50 Reps Total