

# MENTHUTHUYOUI WORKOUT ROUTINE



Bonus PDF File  
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# MENTHUTHUYOUP WORKOUT ROUTINE

## Training Volume:

5+ days per week

## Explanation:

You have five days of weight training and then some optional additional work – but the focus is on getting big and strong and adding in triset intensity to put our speed to the test!

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

## Menthuthuyoupi Workout Routine: Sample Workout Schedule

**Monday:** Royal Guard Chest and Core

**Tuesday:** Royal Guard Legs and Calves

**Wednesday:** Royal Guard Biceps and Triceps

**Thursday:** Royal Guard Shoulders and Traps

**Friday:** Royal Guard Back and Core

**Saturday:** Optional Additional Training with Resources

**Sunday:** Rest Day

## **Menthuthuyoupi Workout Routine: Royal Guard Chest and Core**

### **Warm Up:**

10 Minute Incline Walk

### **Chest Workout:**

Barbell Bench Press

4×12, 10, 8, 5

Weighted Dips

4×5

Decline Cable Flyes

3×10

### **Tri-Set Finisher:**

A. Incline Dumbbell Chest Press

3×10

B. Incline Dumbbell Flys

3×10

C. Incline Dumbbell Hex Press

3×10

**Core Workout:**

Cable Crunches

4×25

Hanging Knee Raises

4×25

Weighted Planks

4×60 Seconds

**Menthuthuyoupi Workout Routine: Royal Guard Legs and Calves**

**Warm Up:**

10 Minute Incline Walk

**Legs and Calves Workout:**

Leg Press

4×12, 10, 8, 5

Calf Raises on Leg Press

4×15

Hamstring Kickbacks

3×10

Quad Extensions

3×10

**Tri-Set Finisher:**

A. Weighted Lunges

3×10

B. Goblet Squats with Kettlebell

3×10

C. Cable Pullthroughs

3×10

## **Menthuthuyoupi Workout Routine: Royal Guard Biceps and Triceps**

### **Warm Up:**

10 Minute Incline Walk

### **Biceps and Triceps Workout:**

Preacher Curls

4×12, 10, 8, 5 each arm

Tricep Overhead Extensions

4×12, 10, 8, 5

Concentration Curls

3×10 each arm

Tricep Cable Kickbacks

3×10 each arm

### **Tri-Set Finisher:**

A. EZ Bar Curls

3×10

B. Cable Pushdowns

3×10

C. Wide to Close Push Ups

3×20

## **Menthuthuyoupi Workout Routine: Royal Guard Shoulders and Traps**

**Warm Up:**

10 Minute Incline Walk

**Shoulders and Traps Workout:**

Overhead Press

4×12, 10, 8, 5 each arm

Barbell Shrugs

4×15

Hang Cleans

3×10



Dumbbell Curl to Press

3×10

**Tri-Set Finisher:**

A. Kettlebell Swings

3×10

B. Shoulder DB Front Raise

3×10

C. Lateral Raises

3×15

**Menthuthuyoupi Workout Routine: Royal Guard Back and Core**

**Warm Up:**

10 Minute Incline Walk

**Back Workout:**

Deadlift

4×12, 10, 8, 5

Chin Ups

4×10

Reverse Cable Flys

3×10

**Tri-Set Finisher:**

A. Bent Over Rows

3×10

B. Wide Grip Cable Pulldowns

3×10

C. Wide Grip Straight Arm Pulldown

3×10

**Core Workout:**

Weighted Sit Ups

4×25

Hanging Leg Raises

4×25

Weighted Side Planks

4×30 Seconds each side

## **Menthuthuyoupi Workout Routine: Optional Additional Training Resources**

### **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 Train After Your First 5K \(Workout Included\)](#)

### **HIIT Training Resources:**

- [The Best HIIT Workouts](#)

- [Jump Rope Workout Database](#)

### **Parkour Training Resources:**

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