

BRAUN STROWMAN WORKOUT ROUTINE



Bonus PDF File
By: Mike Romaine

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BRAUN STROWMAN WORKOUT ROUTINE

Training Volume:

5 Days Per Week

How to train:

Use Pyramid Sets for ALL unless otherwise specified. (Description below)

The reps will be listed for each set, but you should be increasing the load as the rep count becomes lower.

When instructed to do a drop set:

Perform the movement and then drop the weight and continue for more reps until you reach failure.

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.

Braun Strowman Workout: Sample Schedule

Monday: Chest Day

Tuesday: Leg Day

Wednesday: Calisthenics and Core Work

Thursday: Shoulder and Trap Day

Friday: Back Day

Saturday: Rest Day or Optional HIIT Training

Sunday: Rest Day

Braun Strowman Workout: Chest Day

Warm Up:

10-15 Minute Incline Walk

Workout:

Bench Press

15-10-8-5-3** Sometimes add in a 1 rep max

Incline Press (Bench or DB)

10-8-5-3

Chest Flyes (DB)

12-10-8

Dips

15-15-15

Incline Cable Flys

12-10-8

Dumbbell Bench Press Flat

5xFailure (Drop Sets)

Braun Strowman Workout: Leg Day

Warm Up:

10-15 Minute Incline Walk

Workout:

Back Squats

15-10-8-5-3** Sometimes add in 1 rep max

Calf Raises

15-15-15

Leg Press

12-10-8-5

Hamstring Curls

10-10-10

Weighted Step Ups

12-12-12

Front Squat

5xFailure (Drop Sets)

Braun Strowman Workout: Arm Day

Warm Up:

10-15 Minute Incline Walk

Workout:

Dumbbell Bicep Curls

12-10-8-5

Overhead Tricep Extension (DB)

12-10-8-5

Hammer Curls

12-10-8

Tricep Push Down (Cables)

12-10-8

Preacher Curls

5xFailure (Drop Sets)

Close Grip Bench Press

5xFailure (Drop Sets)

Braun Strowman Workout: Back Day

Warm Up:

10-15 Minute Incline Walk

Workout:

Deadlift

12-10-8-5-3** Sometimes add in 1 rep max

Lat Pulldowns

12-10-8-5

Dumbbell Rows

12-10-8

Wide Grip Pull Ups

10-10-10

Cable Rows

12-10-8

Bent Over Rows

5xFailure (Drop Sets)

Braun Strowman Workout: Shoulder Day

Warm Up:

10-15 Minute Incline Walk

Workout:

Military Press

15-10-8-5-3** Sometimes add in 1 rep max

Dumbbell Shrugs

15-12-10-8

Shoulder Front Raises (Cables)

12-10-8

Shoulder Flys

12-10-8

Seated Shoulder Raises (DB)

12-10-8

Arnold Press

5xFailure (Drop Sets)