

WAR HAMMER TITAN WORKOUT ROUTINE



Bonus PDF File
By: Mike Romaine

Copyright Notice

No part of this report may be reproduced or transmitted in any form whatsoever, electronic, or mechanical, including photocopying, recording, or by any informational storage or retrieval system without expressed written, dated and signed permission from the author. All copyrights are reserved.

Disclaimer and/or Legal Notices

The information provided in this book is for educational purposes only. I am not a doctor and this is not meant to be taken as medical advice.

The information provided in this book is based upon my experiences as well as my interpretations of the current research available.

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.

If you have any health issues or pre-existing conditions, please consult with your physician before implementing any of the information provided in this course.

This product is for informational purposes only and the author does not accept any responsibilities for any liabilities or damages, real or perceived, resulting from the use of this information.

WAR HAMMER WORKOUT ROUTINE

Training Volume:

4+ days per week

Explanation:

For this one we're going to be training four days a week with heavy lifting and our compound lifts being the center focus of our training, with accessory lifts coming secondary.

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.

War Hammer Titan Workout Routine: Sample Schedule

Monday: War Hammer Bench Press Day

Tuesday: War Hammer Squat Day

Wednesday: Active Rest Day

Thursday: War Hammer Overhead Press Day

Friday: War Hammer Deadlift Day

Saturday: Rest or Optional Additional Work

Sunday: Rest Day

War Hammer Titan Workout Routine: War Hammer Bench Press Day

Warm Up:

5-10 Minute Incline Walk

Compound Lift:

Bench Press

Warm Up: 3×15, 12, 10

Working Sets: 3×5, 5, 5

Accessory Work:

Close Grip Bench

3×12, 10, 8

Incline Dumbbell Bench Press

3×12, 10, 8

Reverse Grip Cable Pushdowns

3×10

Cable Flys

3×10

Dips

3×10

War Hammer Titan Workout Routine: War Hammer Squat Day

Warm Up:

5-10 Minute Incline Walk

Compound Lift:

Back Squats

Warm Up: 3×15, 12, 10

Working Sets: 3×5, 5, 5

Accessory Work:

Leg Press

3×12, 10, 8

Seated Calf Raises

3×12, 10, 8

Hamstring Curls

3×10

Quad Extensions

3×10

Hanging Leg Raises

3×20

War Hammer Titan Workout Routine: War Hammer Overhead Press Day

Warm Up:

5-10 Minute Incline Walk

Compound Lift:

Barbell Overhead Press

Warm Up: 3×15, 12, 10

Working Sets: 3×5, 5, 5

Accessory Work:

Barbell Shrugs

3×12, 10, 8

Upright Rows

3×12, 10, 8

Hang Cleans

3×10

Lateral Raises

3×10

Cable Crunches

3×20

War Hammer Titan Workout Routine: War Hammer Deadlift Day

Warm Up:

5-10 Minute Incline Walk

Compound Lift:

Deadlifts

Warm Up: 3×15, 12, 10

Working Sets: 3×5, 5, 5

Accessory Work:

Bent Over Barbell Rows

3×12, 10, 8

High Cable Curls

3×12, 10, 8

Reverse Cable Flys

3×10

Standing Alternating Dumbbell Curls

3×10 each arm

Chin Ups

3×10

War Hammer Titan Workout Routine: Optional Additional Training Resources

Endurance Work 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 \(Workout Included\)](#)

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](#)

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](#)