

# PICKLE WORKOUT ROUTINE



Bonus PDF File  
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# PICKLE WORKOUT ROUTINE

## Training Volume:

6 days per week

## Explanation:

Being that we're discussing such an insanely strong character we're going to be training with 6 days a week to be able to tack on some endurance and HIIT within our four heavy days of lifting.

## 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.

## Pickle Workout Routine: Sample Schedule

**Monday:** Primitive Bench Press and Accessory Work

**Tuesday:** Primitive Back Squats and Accessory Work

**Wednesday:** Jurassic Endurance Training

**Thursday:** Primitive Overhead Press and Accessory Work

**Friday:** Primitive Deadlift and Accessory Work

**Saturday:** Behemoth HIIT and/or Alternative Training (MMA/Parkout/Etc.)

**Sunday:** Rest Day

## **Pickle Workout Routine: Primitive Bench Press and Accessory Work**

### **Warm Up:**

10 Minute Walk/Jog

### **Compound Lift:**

Bench Press

Warm Up Sets: 10, 8, 6, 4

*Increase the load slightly each set.*

Reverse Pyramid Training Sets: 2, 4, 6, 8

*Decrease the load each set.*

### **Accessory Work:**

Incline Dumbbell Bench Press

3×12, 10, 8

Cable Pushdowns with Rope

3×12, 10, 8

Weighted Dips

3×8

Chest Flys (Cable or Machine)

3×10

Skull Crushers

3×10

**Optional Core Work:**

Sit Ups

3×20

Hanging Knee Raises

3×20

# **Pickle Workout Routine: Primitive Back Squats and Accessory Work**

## **Warm Up:**

10 Minute Walk/Jog

## **Compound Lift:**

Back Squats

Warm Up Sets: 10, 8, 6, 4

*Increase the load slightly each set.*

Reverse Pyramid Training Sets: 2, 4, 6, 8

*Decrease the load each set.*

## **Accessory Work:**

Front Squats

3×12, 10, 8

Leg Press

3×12, 10, 8

Weighted Lunges

3×8 each leg

Hamstring Curls (or Kickbacks)

3×10

Quad Extensions

3×10

**Optional Core Work:**

Cable Crunches

3×20

Hanging Leg Raises

3×20

**Pickle Workout Routine: Jurassic Endurance Training**

**Complete your Endurance Training based on your Overall Fitness Level:**

**Beginner:** Run 1-3 Miles

**Intermediate:** Run 3-5 Miles

**Advanced:** Run 5+ Miles

**Optional Alternative Training:**

- [The Best HIIT Workouts](#)

### **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 \(Workout Included\)](#)

## **Pickle Workout Routine: Primitive Overhead Press and Accessory Work**

### **Warm Up:**

10 Minute Walk/Jog

### **Compound Lift:**

Overhead Press

Warm Up Sets: 10, 8, 6, 4

*Increase the load slightly each set.*

Reverse Pyramid Training Sets: 2, 4, 6, 8

*Decrease the load each set.*



## **Accessory Work:**

Barbell Shrugs

3×12, 10, 8

Lateral Raises

3×12, 10, 8

Power Cleans

3×8

Cable Front Raises

3×10

Upright Rows

3×10

## **Optional Core Work:**

V-Ups

3×20

Hanging Knee Raises with Twist

3×20

# **Pickle Workout Routine: Primitive Deadlifts and Accessory Work**

## **Warm Up:**

10 Minute Walk/Jog

## **Compound Lift:**

Deadlift

Warm Up Sets: 10, 8, 6, 4

*Increase the load slightly each set.*

Reverse Pyramid Training Sets: 2, 4, 6, 8

*Decrease the load each set.*

## **Accessory Work:**

Wide Grip Cable Pulldowns

3×12, 10, 8

Close Grip Cable Rows

3×12, 10, 8

Weighted Chin Ups

3×8

Reverse Cable Flys

3×10

Preacher Curls

3×10

### **Optional Core Work:**

Weighted Sit Ups or Machine Weighted Crunches

3×20

Toes to Bar

3×20

## **Pickle Workout Routine: HIIT or Optional Additional Resources**

### **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](#)