

# ROBERT SPEEDWAGON WORKOUT ROUTINE



Bonus PDF File  
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# ROBERT SPEEDWAGON WORKOUT ROUTINE

## Training Volume:

3-5 days per week

## Explanation:

We're going to be training with a PPL weightlifting split and then you'll also be able to add in some parkour, mixed martial arts or extra endurance training on your off days in between training days during the week.

## 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.

## Robert Speedwagon Workout Routine: Sample Schedule

**Monday:** Speedwagon Pull Day

**Tuesday:** Optional Additional Training

**Wednesday:** Speedwagon Leg Day

**Thursday:** Optional Additional Training

**Friday:** Speedwagon Push Day

**Saturday:** Rest or Optional Additional Work

**Sunday:** Rest Day

## **Robert Speedwagon Workout Routine: Speedwagon Pull Day**

### **Warm Up:**

15-30 Minute Incline Walk

### **Workout:**

Deadlifts

4×10, 8, 5, 5

Wide Grip Cable Pulldowns

3×12, 10, 8

Cable Curls

3×12, 10, 8

Cable Rows

3×12, 10, 8

Alternating Dumbbell Hammer Curls

3×10 each arm

Chin Ups

3×10

## **Robert Speedwagon Workout Routine: Speedwagon Leg Day**

### **Warm Up:**

15-30 Minute Incline Walk

### **Workout:**

Back Squats

4×10, 8, 5, 5

Leg Press

3×12, 10, 8

Hamstring Curls

3×12, 10, 8

Quad Extensions

3×12, 10, 8

Cable Crunches

3×20

Hanging Knee Raises

3×20

## **Robert Speedwagon Workout Routine: Speedwagon Push Day**

### **Warm Up:**

15-30 Minute Incline Walk

### **Workout:**

Bench Press

4×10, 8, 5, 5

Close Grip Bench

3×12, 10, 8

Cable Flys

3×12, 10, 8

Tricep Cable Pushdowns

3×12, 10, 8

Cable Kickbacks

3×10 each arm

Weighted Dips

3×10

## **Robert Speedwagon 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](#)