

TRIPLE H WORKOUT ROUTINE



Bonus PDF File
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TRIPLE H WORKOUT ROUTINE

Training Volume:

4+ days per week

Explanation:

For this one we're going to build it out exactly like Triple H and his trainer explain: 4 days of lifting around two max effort days and two speed and rep days. On top of that I'll provide bonus optional resources in case you'd like to step it up a notch and increase the cardio and/or performance considering Triple H also works hours of rehearsal and actual wrestling into his regime.

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.

Triple H Workout: Sample Schedule

Monday: Max Effort Upper Body

Tuesday: Max Effort Lower Body

Wednesday: Active Rest Day, Cardio or Rehearsal

Thursday: Speed and Reps Upper Body

Friday: Speed and Reps Lower Body

Saturday: Active Rest Day, Cardio or Rehearsal

Sunday: Rest Day (or Active Rest Cardio)

Triple H Workout: Max Effort Upper Body

Warm Up:

Mobility Warm Up, Foam Roll, Active and Dynamic Stretching

Workout:

Bench Press

4×3-5 reps

Band Pull-Apart

Complete 100 Reps in as Many Sets Necessary

YTW Raise

4×15 second hold

Lateral Raises

3×10

Barbell Bicep Curl

3×10

Pushdowns

Complete 100 Reps in as Many Sets Necessary

Plank

3×60 second hold

Pallof Press

3×15

Triple H Workout: Max Effort Lower Body

Warm Up:

Mobility Warm Up, Foam Roll, Active and Dynamic Stretching

Workout:

Back Squat

4×3-5 reps

Hamstring Curls

Complete 100 Reps in as Many Sets Necessary

Weighted Wall Sit

4×30-60 second hold

Bulgarian Split Squats

3×10 each leg

Dumbbell Deadlifts

3×10

Seated Calf Raises

Complete 100 Reps in as Many Sets Necessary

Hollow Hold

3×60 second hold

Kettlebell Swings

3×15

Triple H Workout: Speed and Reps Upper Body

Warm Up:

Mobility Warm Up, Foam Roll, Active and Dynamic Stretching

Workout:

Floor Bench Press

3×10-25

Incline Dumbbell Bench Press

3×10

Arnold Press

3×15

Superset:

A. Power Cleans

3×8

B. Barbell Shrugs

3×50

Chest Flys

3×20

Weighted Dips

3×Failure

Triple H Workout: Speed and Reps Lower Body

Warm Up:

Mobility Warm Up, Foam Roll, Active and Dynamic Stretching

Workout:

Sumo Deadlifts

3×15-20

Box Jumps

3×10

Banded Goblet Squats

3×15

Superset:

A. Sled Drag

3×50 yards

B. Farmer Walk

3×50 yards

Glute Bridges

3×20

Cable Pullthroughs

3×25

Triple H Workout Routine: Optional Bonus 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 \(Workout Included\)](#)

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](#)