

WHITEBEARD WORKOUT ROUTINE



Bonus PDF File
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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 insure the tips given in this course are appropriate for your individual circumstances.

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WHITEBEARD WORKOUT ROUTINE

Training Volume:

3 Days Per Week, Bi-Weekly Training Protocol

Explanation:

We've worked with some other training programs like 5×5 and 5,3,1, and even some other specific ones, but for Whitebeard we're bringing back The Texas Method weightlifting program! Feel free to add in some active rest days but be aware that your body will grow while you allow it to recover.

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.

Whitebeard Workout Routine: Sample Workout Schedule

Monday: Volume

Tuesday: Rest

Wednesday: Light

Thursday: Rest

Friday: Intensity

Saturday: Rest

Sunday: Rest

White Beard Workout Week A

WHITEBEARD WORKOUT: MONDAY (VOLUME)

EXERCISE	SETS	REPS	% OF 5RM
Squat	5	5	90
Bench Press	5	5	90
Deadlift	1	5	90

WHITEBEARD WORKOUT: WEDNESDAY (LIGHT)

EXERCISE	SETS	REPS	% OF 5RM
Squat	2	5	70
Overhead Press	3	5	70
Chin-Up	3	Fail	Bodyweight
Hyperextension	5	10	N/A

WHITE BEARD WORKOUT: FRIDAY (INTENSITY)

EXERCISE	SETS	REPS	% OF 5RM
Squat	1	5	PR
Bench Press	1	5	PR
Deadlift	1	5	PR

Whitebeard Workout Week B

WHITEBEARD WORKOUT: MONDAY (VOLUME)

EXERCISE	SETS	REPS	% OF 5RM
Squat	5	5	90
Overhead Press	5	5	90

Deadlift	1	5	90
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WHITEBEARD WORKOUT: WEDNESDAY (LIGHT)

EXERCISE	SETS	REPS	% OF 5RM
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Squat	2	5	70
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Bench Press	3	5	70
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Chin-Up	3	Fail	Bodyweight
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Hyperextension	5	10	N/A
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WHITEBEARD WORKOUT: FRIDAY (INTENSITY)

EXERCISE	SETS	REPS	% OF 5RM
Squat	1	5	PR
Overhead Press	1	5	PR
Deadlift	1	5	PR
