

THORKELL 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 ensure the tips given in this course are appropriate for your individual circumstances.

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THORKELL WORKOUT ROUTINE

Training Volume:

6 days per week

Explanation:

For this one we're going to be training with one of my favorite splits that allows us to hit every body part separately each day of the week. This also gives us some room for cardio within our training to stay lean and work on endurance and overall health as well.

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.

Thorkell Workout Routine: Sample Schedule

Monday: Massive Chest

Tuesday: Massive Biceps

Wednesday: Massive Legs

Thursday: Massive Shoulders

Friday: Massive Triceps

Saturday: Massive Back

Sunday: Rest Day

Thorkell Workout Routine: Massive Chest

Cardio Warm Up:

Complete 30-60 Minutes of Varied Cardio

(We've seen behemoth Dwayne Johnson say he prefers the Elliptical in a split like this)

Note: You can do cardio as a finisher. If you do, warm up with 10-15 minutes of cardio instead.

Main Compound:

Barbell Bench Press

Warm Up: Complete 2-3 Sets

Working Sets: 5×5

Accessory Work:

Weighted Dips

3×10

Incline Dumbbell Bench Press

3×12, 10, 8

Chest Flys

3×15

Decline Hammer Strength

3×10

Thorkell Workout Routine: Massive Biceps

Cardio Warm Up:

Complete 30-60 Minutes of Varied Cardio

(We've seen behemoth Dwayne Johnson say he prefers the Elliptical in a split like this)

Note: You can do cardio as a finisher. If you do, warm up with 10-15 minutes of cardio instead.

Main Compound:

Preacher Curls

Warm Up: Complete 2-3 Sets

Working Sets: 4×12, 10, 8, 5

Accessory Work:

Alternating DB Hammer Curls

3×10 each arm

High Cable Curls

3×12, 10, 8

Chin Ups

3×15

21s (Bicep Curls)

3×10

Thorkell Workout Routine: Massive Legs

Cardio Warm Up:

Complete 30-60 Minutes of Varied Cardio

(We've seen behemoth Dwayne Johnson say he prefers the Elliptical in a split like this)

Note: You can do cardio as a finisher. If you do, warm up with 10-15 minutes of cardio instead.

Main Compound:

Back Squats

Warm Up: Complete 2-3 Sets

Working Sets: 5×5

Accessory Work:

Quad Extensions

3×10

Leg Press

3×12, 10, 8

Hamstring Curls

3×15

Glute Bridges

3×10

Thorkell Workout Routine: Massive Shoulders

Cardio Warm Up:

Complete 30-60 Minutes of Varied Cardio

(We've seen behemoth Dwayne Johnson say he prefers the Elliptical in a split like this)

Note: You can do cardio as a finisher. If you do, warm up with 10-15 minutes of cardio instead.

Main Compound:

Overhead Press

Warm Up: Complete 2-3 Sets

Working Sets: 5×5

Accessory Work:

Lateral Raises

3×10

Upright Rows

3×12, 10, 8

Barbell Shrugs

3×15

Front Raises with Dumbbells

3×10

Thorkell Workout Routine: Massive Triceps

Cardio Warm Up:

Complete 30-60 Minutes of Varied Cardio

(We've seen behemoth Dwayne Johnson say he prefers the Elliptical in a split like this)

Note: You can do cardio as a finisher. If you do, warm up with 10-15 minutes of cardio instead.

Main Compound:

Skull Crushers

Warm Up: Complete 2-3 Sets

Working Sets: 4×12, 10, 8, 5

Accessory Work:

Tricep Cable Kickbacks

3×10 each arm

Reverse Grip Cable Pushdowns

3×12, 10, 8

Weighted Tricep Dips

3×12

Overhead Tricep Extensions

3×10

Thorkell Workout Routine: Massive Back

Cardio Warm Up:

Complete 30-60 Minutes of Varied Cardio

(We've seen behemoth Dwayne Johnson say he prefers the Elliptical in a split like this)

Note: You can do cardio as a finisher. If you do, warm up with 10-15 minutes of cardio instead.

Main Compound:

Deadlifts

Warm Up: Complete 2-3 Sets

Working Sets: 5×5

Accessory Work:

Bent Over Rows

3×10

Close Grip Cable Rows

3×12, 10, 8

Wide Grip Pull Ups

3×12

Close Grip Pulldowns

3×10

Thorkell Workout: Alternative Endurance Training

For your endurance, HIIT or MMA/Parkour days you have quite a few options.

You can utilize enforced endurance training that I will program for you based on your fitness level like we do with other workouts here at SHJ...OR you can do 45-60+ minutes of varied cardio (bike, treadmill, elliptical, stairs, row, swim, etc.)...OR you can even use the HIIT resources I'll provide.

I'll break it down in that order:

Option One – Run Based on Overall Fitness Level:

Beginner: 1-3 Miles

Intermediate: 3-5 Miles

Advanced: 5+ Miles

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 \(Workout Included\)](#)

Option Two – Varied Cardio for 45-60 Minutes:

Split your cardio up however you'd like but complete 45-60+ minutes using:

- Treadmill Walk/Run
- Rower Machine
- StairMaster
- Elliptical
- Swim

- [Bike](#)

Option Three – Complete HIIT Training Using SHJ Resources:

- [The Best HIIT Workouts](#)
- [Jump Rope Workout Database](#)
- [Academy Members:](#) Insert a Benchmark Hero Workout (Circuit) or SHJ Core Circuit Test

Thorkell Workout: Optional Bonus Training Resources

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](#)

