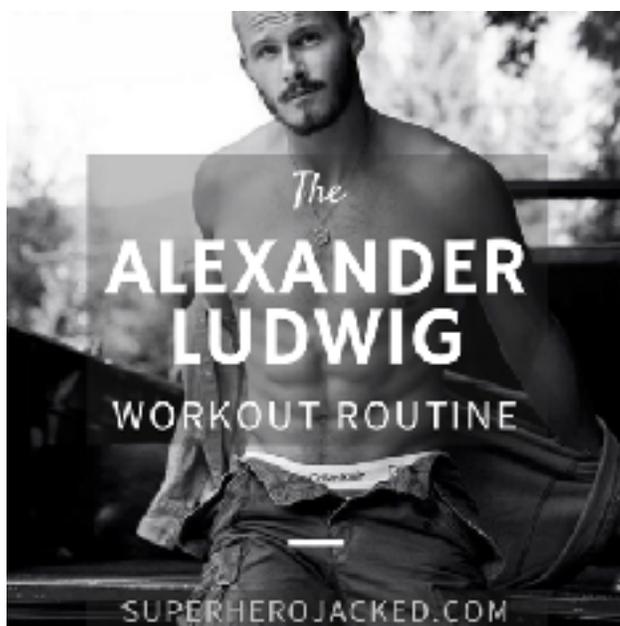


ALEXANDER LUDWIG

WORKOUT ROUTINE



BONUS PDF FILE

By: Mike Romaine

 **SUPERHERO**  **JACKED** 

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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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Alexander Ludwig

Workout Routine:

Training Volume:

6 Days a Week

Explanation:

3 Days of Heavy Lifting and 3 Days of Ludwig's Cardio/Ab Routine

Day One: Back and Biceps

Warm Up:

800m jog

Workout:

Deadlift

5×10, 8, 5, 3, 1

Weighted Pull Ups

3xFailure

Preacher Curls

5×10

Barbell Rows

3×10

Dumbbell Curls

3×10

Lateral Pull Down

3×10

Day Two: Ludwig Cardio and Abs

Cardio:

1. I sprint 3 times at highest treadmill speed for 45 seconds with 15-second breaks in between.
2. I jog at half that speed for 20 minutes
3. I finish off by sprinting again: 4 times at highest treadmill speed for 45 seconds with 15 second breaks in between.

Abs:

While lying flat on the floor, do 30 reps of medicine ball V ups. Then, without rest, do 30 Russian twists, left and right is one rep. Keeping your legs up, lie on your back, and do 30 crunches with the med ball on your chest. Repeat the circuits 3 times with a 30 second break in between circuits.

Day Three: Chest and Triceps

Warm Up:

800m jog

Workout:

Bench Press

5×10,8,5,3,1

Weighted Dips

3×Failure

Skull Crushers

3×10

Incline Dumbbell Press

3×10

Overhead Tricep Extension DB

3×10

Chest Flys DB

3×10

Day Four: Ludwig Cardio and Abs

Cardio:

1. I sprint 3 times at highest treadmill speed for 45 seconds with 15-second breaks in between.
2. I jog at half that speed for 20 minutes
3. I finish off by sprinting again: 4 times at highest treadmill speed for 45 seconds with 15 second breaks in between.

Abs:

While lying flat on the floor, do 30 reps of medicine ball V ups. Then, without rest, do 30 Russian twists, left and right is one rep. Keeping your legs up, lie on your back, and do 30 crunches with the med ball on your chest. Repeat the circuits 3 times with a 30 second break in between circuits.

Day Five: Legs and Shoulders

Warm Up:

800m jog

Workout:

Military Press

5×10,8,5,3,1

Back Squat

5×10,8,5,3,1

Arnold Press

3×10

Leg Press

3×10

Shrugs DB

3×15

Weighted Lunges

3×10