

ANTHONY MACKIE FALCON WORKOUT ROUTINE



BONUS PDF FILE

By: Mike Romaine

 **SUPERHERO**  **JACKED** 

Copyright Notice

No part of this report may be reproduced or transmitted in any form whatsoever, electronic, or mechanical, including photocopying, recording, or by any informational storage or retrieval system without expressed written, dated and signed permission from the author. All copyrights are reserved.

Disclaimer and/or Legal Notices

The information provided in this book is for educational purposes only. I am not a doctor and this is not meant to be taken as medical advice.

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.

If you have any health issues or pre-existing conditions, please consult with your physician before implementing any of the information provided in this course.

This product is for informational purposes only and the author does not accept any responsibilities for any liabilities or damages, real or perceived, resulting from the use of this information.

Anthony Mackie Falcon Workout Routine

Training Volume: 5 Days per Week

The Routine:

Day One: Chest

Part One:

3 Rounds:

400m walk/jog

10 Dips

10 Push Ups

10 Dumbbell Chest Presses

Part Two:

3x10 Cable Chest Flyes

3x10 Incline Dumbbell Chest Press

3x10 Weighted Dips

3x10 Dumbbell Flyes

5x10 Barbell Bench Press

Day Two: Legs

Part One:

3 Rounds:

100 Jump Ropes

10 Air Squats

10 Box Jumps

10 Lunges

Part Two:

3×10 Weighted Step Ups

3×10 Calf Raise

3×10 Hamstring Curls

5×10 Leg Press

5×10 Back Squats

Day Three: Arms

Part One:

3 Rounds:

400m jog/run

10 Chin Ups

10 Triangle Push Ups

10 Dips

Part Two:

3×10 Skull Crushers

3×10 Cable Curls

3×10 Tricep Push Down (Cable)

3×10 Barbell Curls

5×10 Tricep Overhead Extension

5×10 Dumbbell Bicep Curls

Day Four: Shoulders

Part One:

3 Rounds

100 Jump Ropes

10 Push Ups

10 Burpees

10 Pull Ups

Part Two:

3×10 Shoulder Flyes

3×10 Dumbbell Shoulder Raises

3×10 Arnold Presses

3×10 Cable Shoulder Raises

5×10 Military Barbell Press

Day Five: Back

Part One:

3 Rounds

400m walk/jog

10 Push Ups

10 Wide Grip Pull Ups

10 Wide Grip Push Ups

Part Two:

3x10 Cable Lat Pull Downs

3x10 Dumbbell Rows

3x10 Cable Rows

3x10 Shrugs

5x10 Deadlifts

This workout gives the best of both worlds. You get a two part segmented workout that can be completed in one session, while still being high volume, and incorporating that of bodybuilding type formula, mixed with cross-training style!