

BEGINNER SHIELD / DEO 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.

In-Home Body Weight Workout Routine

Training Volume:

3-5 Days

The In-Home Beginner Workout

Please Scale the Set/Rep Counts Depending on your Current Fitness Level

3x10-20 Push Ups (can be scaled to Knee-Ups)

3x10-20 Dips (Using a chair)

3x10-20 Air Squats

3x10-20 Burpees

3x10-20 Mountain Climbers

3x10-20 Step Ups (Grab that chair again!)

3x30-60 sec plank holds

Sidebar: If you can do this as a circuit, that's even better! That means you don't break between each exercise and I would then break it up into three consecutive rounds. If not, break 60-120 seconds in between each set and you can decide if you'd like to do three straight sets of each, or go down the list of the exercises.

The In-Gym Beginner

Please Scale the Set/Rep Counts Depending on your Current Fitness Level

3x8-12 Bench Press (Dumbbells or Bar)

3x8-12 Bicep Curls (Dumbbells or EZ Bar)

3x8-12 Shoulder Press (Dumbbells or Bar)

3x8-12 Squats (Light Barbell)

3x8-12 Rows (Dumbbell or Cable)

3x8-12 Tricep Push Down (Cables with Rope or Bar)

Sidebar: You can also add in 10-20 minutes of easy cardio (Incline Treadmill Walk/Steady Elliptical) at the end of this routine. You should be starting light and utilizing one warm up set, and then continuing to add to the load each set. Ex. Set one might be 10-15 lbs. but set two should then be 15-20, while three is 20-25.