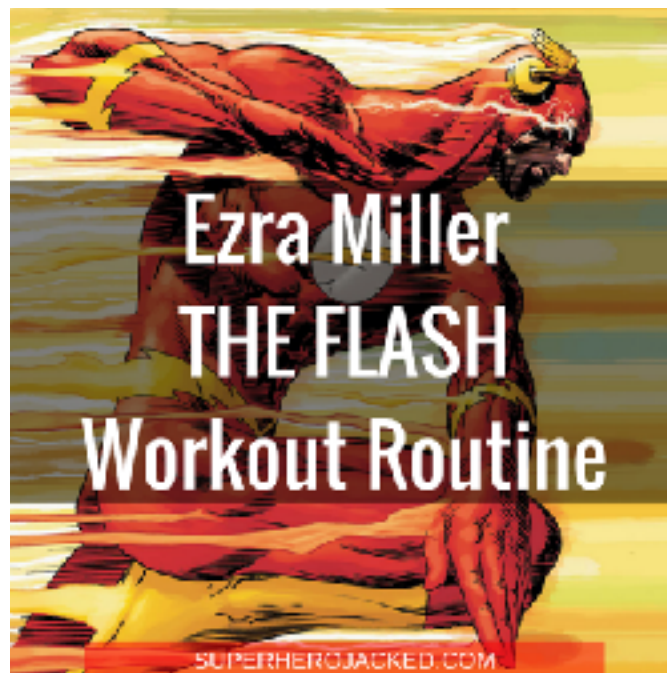


EZRA MILLER WORKOUT ROUTINE



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.

Ezra Miller Workout Routine

Training Volume:

4-5 days a week

Explanation:

Miller more than likely stepped it up a notch and trained for more hours and days than we will program as a necessity due to his time limit, but if you'd like to step it up as well – feel free to use the off days as full body type training.

Day One: Chest and Triceps

Warm Up:

Stretch

Jog 800-1600m

Workout:

Chest Press (Barbell or DBs)

5×12,8,5,3,1

Tricep Cable Pushdowns

3×10

Incline Dumbbell Press

3×10

Skull Crushers

3×10

Incline Chest Flys

3×10

Close Grip Bench

3×10

Dips

3×10

Cooldown:

Foam Roll and Yoga

Day Two: Back and Biceps

Warm Up:

Stretch

Jog 800-1600m

Workout:

Deadlifts

5×12,8,5,3,1

Dumbbell Bicep Curl

3×10

Lateral Pulldowns

3×10

Preacher Curls

3×10

Cable Rows

3×10

Hammer Curls (Cable or DBs)

3×10

Pull Ups

3×10

Cooldown:

Foam Roll and Yoga

Day Three: OFF DAY

Rest day.

If you'd like to go for a Flash styled run, that's fine.

Or step it up a notch with some other programming from one of the other Justice League studs training regimes.

Day Four: Shoulders and Traps

Warm Up:

Stretch

Jog 800-1600m

Workout:

Military Press

5×12,8,5,3,1

Barbell Shrugs

3×10

Shoulder Flys

3×10

Dumbbell Shrugs

3×10

Arnold Presses

3×10

Shoulder Front Raises

3×10

Pull Ups

3×10

Cooldown:

Foam Roll and Yoga

Day Five: Leg Day

Warm Up:

Stretch

Jog 800-1600m

Workout:

Squats

5×12,8,5,3,1

Hamstring Curls

3×10

Calf Raises

3×10

Front Squats

3×10

Weighted Step Ups (DBs)

3×10

Weighted Lunges (DBs or Barbell)

3×10

Goblet Squats

3×10

Cooldown:

Foam Roll and Yoga

Day Six: OFF DAY

Rest day.

If you'd like to go for a Flash styled run, that's fine.

Or step it up a notch with some other programming from one of the other Justice League studs training regimes.