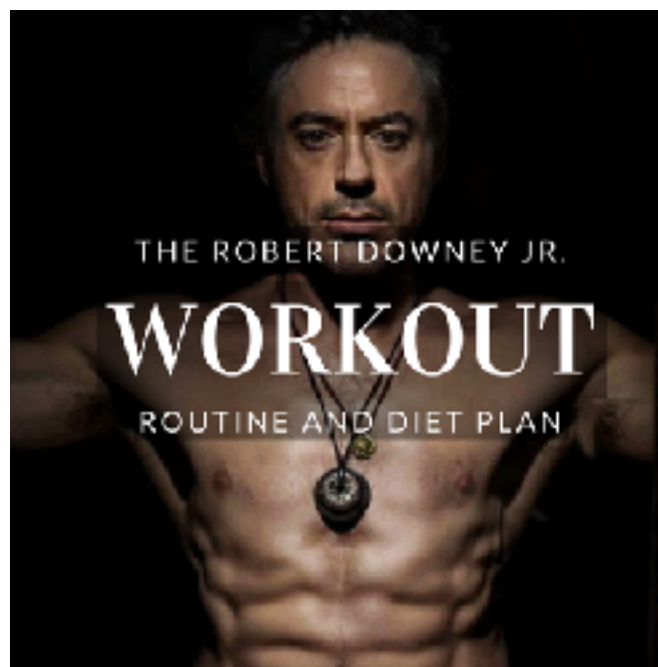


ROBERT DOWNEY JR.

WORKOUT ROUTINE



BONUS PDF FILE

By: Mike Romaine

 **SUPERHERO** ⚡ **JACKED** 

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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.

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Robert Downey Jr. Workout Routine

Training Volume:

3-5 days per week

Explanation:

We're using the programming from Robert Downey Jr.'s trainer mixed in with yoga, meditation and other styled training for you.

Day One: Lower Body

EXERCISE

SET

REPS

Band Squat

4

8-12

Hamstring Curl

4

8-12

Leg Press1

4

8-12

Suspension Trainer Lunge*

3

15 – 20 each leg

Suspension Trainer Superman Squat*

3

15

Romanian Deadlift

3

8 -10

Sandbag Squat

3

8 -10

Ab Circuit

3 rounds

25 Crunches

25 Leg Lifts

25 Flutter Kicks

Day Two: Yoga and Meditation

Unleash your inner Iron Fist and Daredevil styled Zen and Meditation.

Or, unleash your Jedi and join us in [The Academy](#) for some Yoga Pathways.

Day Three: Full Body

Lower Body

EXERCISE

SET

REPS

Air Squats

4

8-12

Bench Press

4

8-12

Lateral Pull Downs

4

8-12

Arnold Presses

3

10-12

Calf Raises

3

15

Straight Leg Deadlift

3

8 -10

Pull Ups

3

8 -10

Ab Circuit

3 rounds

25 Crunches

25 Leg Lifts

25 Flutter Kicks

Day Four: Yoga and Meditation

Unleash your inner Iron Fist and Daredevil styled Zen and Meditation.

Or, unleash your Jedi and join us in [The Academy](#) for some Yoga Pathways.

Day Five: Upper Body

EXERCISE

SET

REPS

Weighted Pullup

3

8 – 12

Weighted Dip

3

8 – 12

Swiss Ball Bench Press

3

8 – 12

Low Row

3

8 – 12

Continuous Tension DB Shoulder Press***

3

8 – 12

Bosu Ball Pushup

3

15-20

Suspension Trainer Pushup*

3

Failure

Suspension Trainer Row*

3

Failure

Lateral/Front Shoulder Raise

3

8 – 12

Kettlebell Swing

3

40

Sand Bag Power Throw

3

12-15

Ab Circuit

3 rounds

25 Crunches

25 Leg Lifts

25 Flutter Kicks