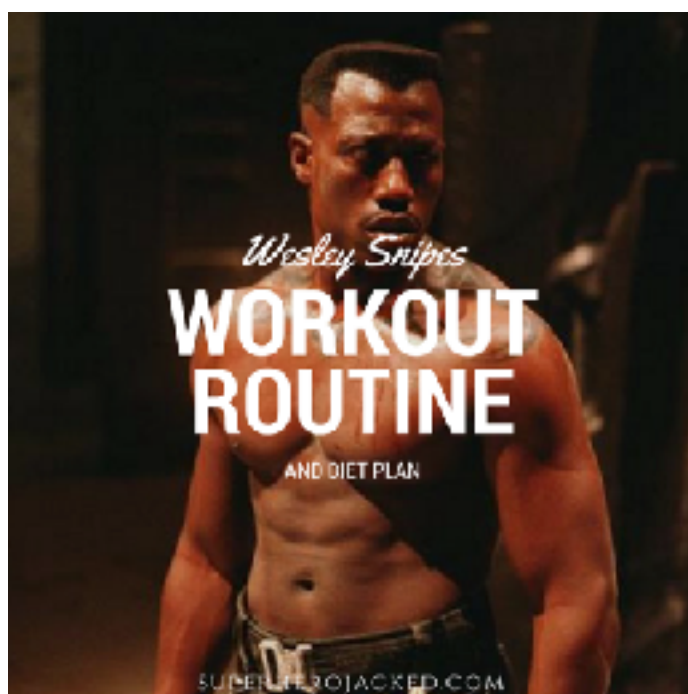


# WESLEY SNIPES

## 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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# **Wesley Snipes Workout Routine:**

## **Training Volume:**

4-6 Days a Week

## **Explanation:**

If you can incorporate more yoga, pilates and fighting into your routine...do it! If not, utilize the 4 days programmed and do you best to fit in some sort of exercise to make up for the other styles of training that Snipes used.

## **Day One: Back and Biceps**

### **Cardio and Stretching**

5-10 minutes of stretching

10-15 minute jog on the treadmill

10-15 minute bike ride

### **Weight Training**

Deadlift

5x10

EZ Bar Bicep Curl

3x10

Barbell Rows

3x10

Preacher Curls

3x10

Lateral Pull Downs

3x10

Hammer Curls

3x10

### **Circuit**

3 Rounds

10 X Chin Ups

10 X Deadlift @135

10 X Sit Ups

10 X Push Ups

## **Day Two: Activity Day**

Or, as Chef David Hampton of The Superhero Academy calls them: Cagers!

Get active. Do an hour of: yoga, pilates, martial arts, or some type of active sport (hiking, tennis, biking, etc.).

If you can't do this, get active some other way. Do some cardio. Hit the heavy bag. Be active for 30-60 minutes, at least.

## **Day Three: Chest and Triceps**

### **Cardio and Stretching**

5-10 minutes of stretching

10-15 minute jog on the treadmill

10-15 minute bike ride

### **Weight Training**

Bench Press

5x10

Skull Crushers

3x10

Decline Cable Chest Flys

3x10

Overhead Tricep Extension (DB)

3x10

Incline DB Chest Press

3x10

Heavy Tricep Push Downs (Cable)

3x10

### **Circuit**

3 Rounds

10 X Dips

10 X Bench Press @135

10 X Sit Ups

10 X Push Ups

## **Day Four: Activity Day**

Or, as Chef David Hampton of The Superhero Academy calls them: Cagers!

Get active. Do an hour of: yoga, pilates, martial arts, or some type of active sport (hiking, tennis, biking, etc.).

If you can't do this, get active some other way. Do some cardio. Hit the heavy bag. Be active for 30-60 minutes, at least.

## **Day Five: Legs and Shoulders**

### **Cardio and Stretching**

5-10 minutes of stretching

10-15 minute jog on the treadmill

10-15 minute bike ride

### **Weight Training**

Back Squats

5x10

Military Press (BB)

3x10

Leg Press

3x10

Arnold Press

3x10

Weighted Lunges

3x10

Barbell Shrugs

5x15

**Circuit**

3 Rounds

10 X Pull Ups

10 X Squat @135

10 X Sit Ups

10 X Push Ups

**Day Six: Activity Day**

Or, as Chef David Hampton of The Superhero Academy calls them: Cagers!

Get active. Do an hour of: yoga, pilates, martial arts, or some type of active sport (hiking, tennis, biking, etc.).

If you can't do this, get active some other way. Do some cardio. Hit the heavy bag. Be active for 30-60 minutes, at least.