

FRANK GRILLO

WORKOUT ROUTINE



BONUS PDF FILE

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 **SUPERHERO** ⚡ **JACKED** 

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Frank Grillo

Workout Routine:

Training Volume:

3-6 Days

Explanation:

The routine is going to be able to be utilized as many days a week as possible. I'm even going to give you some alternative workouts to use with dumbbells if you'd like to switch it up from time to time.

Workout Routine One: Home/ Travel Workout

Warm Up:

5-10 minutes of stretching

10-15 minutes of shadow boxing

Workout:

5×25 pushups

5×25 air squats

5×25 chair/stair dips

5×25 plank to push ups

5×25 sit ups

10×60 second jump rope rounds

****Keep in mind, this can be made into a circuit like this:****

5 Rounds for time:

60 second jump rope

25 pushups

25 air squats

25 chair/stair dips

25 plank to push ups

25 sit ups

60 second jump rope

30 second break

Quick dumbbell alternatives to add into your workout:

Dumbbell Clean and Press

Dumbbell Thrusters

Arnold Press

Dumbbell Weighted Step-up into Bicep Curls

Man Makers

Dumbbell Flys (Shoulders and/or Chest)