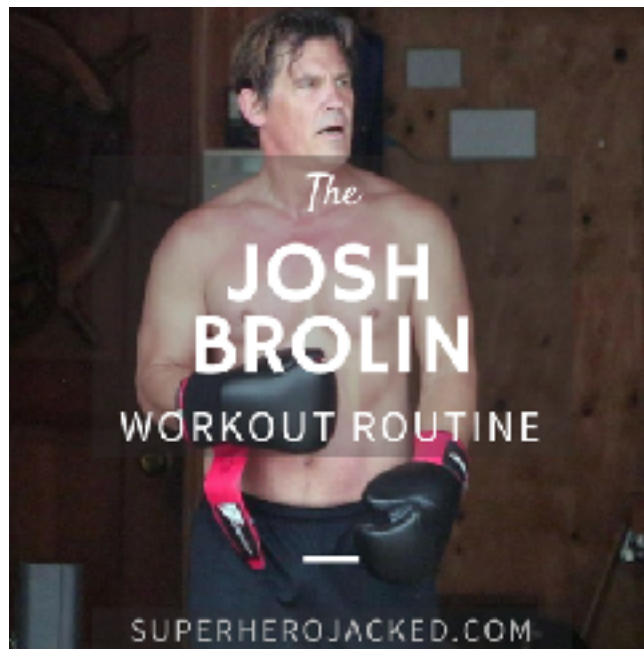


JOSH BROLIN

WORKOUT ROUTINE



BONUS PDF FILE

By: Mike Romaine

 **SUPERHERO** ⚡ **JACKED** 

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Josh Brolin

Workout Routine:

Training Volume:

3-5 days per week

Explanation:

Josh is more than likely putting in a long week in the gym. He's also planning on putting on a significant amount of mass in a short period of time. If you're looking to add quick mass (like him), you'll want to increase the volume of your routine to the 5+ marker.

Day One: Chest and Triceps

Warm Up:

20 min incline walk

Workout:

Bench Press

15 rep warm up

3×10

Dropset (Continue dropping 10-20+ lbs of weight and do reps of 10-12 until only the bar remains)

Skull Crushers

15 rep warm up

3×10

Dropset (Continue dropping 10-20+ lbs of weight and do reps of 10-12 until only the bar remains)

Incline Dumbbell Bench Press

3×10-15

Overhead Tricep Extension

3×10-15

Dips (weighted if possible)

3×10-15

Cable Chest Flys

3×10-15

Dumbbell Bench Press

15 rep warm up

3×10

Dropset (Continue dropping 10-20+ lbs of weight and do reps of 10-12 until only the bar remains)

Day Two: Full Body Light

Warm Up:

20 min incline walk

Workout:

Arnold Press

15 rep warm up

3×10

Dropset (Continue dropping 10-20+ lbs of weight and do reps of 10-12 until only the bar remains)

Leg Press

15 rep warm up

3×10

Dropset (Continue dropping 10-20+ lbs of weight and do reps of 10-12 until only the bar remains)

Preacher Curls Machine

15 rep warm up

3×10

Dropset (Continue dropping 10-20+ lbs of weight and do reps of 10-12 until only the bar remains)

Lateral Pull Downs Cables

15 rep warm up

3×10

Dropset (Continue dropping 10-20+ lbs of weight and do reps of 10-12 until only the bar remains)

Barbell Shrugs

15 rep warm up

3×10

Dropset (Continue dropping 10-20+ lbs of weight and do reps of 10-12 until only the bar remains)

Tricep Kickbacks

15 rep warm up

3×10

Dropset (Continue dropping 10-20+ lbs of weight and do reps of 10-12 until only the bar remains)

Day Three: Back and Biceps

Warm Up:

20 min incline walk

Workout:

Deadlift

10-15 rep warm up

3×8-10

Dropset (Continue dropping 10-20+ lbs of weight and do reps of 5-10 until only the bar remains)

Dumbbell Bicep Curls

15 rep warm up

3×10

Dropset (Continue dropping 10-20+ lbs of weight and do reps of 10-12 until only the bar remains)

Cable Rows

3x-10-15

Hammer Curls (Dumbbell)

3×10-12

Dumbbell Rows

3×10-15

Cable Curls

3×10-15

Bench Over Barbell Rows

3×10-15

Day Four: Full Body Light

Warm Up:

20 min incline walk

Workout:

Light Bench Press

15 rep warm up

3×10

Dropset (Continue dropping 10-20+ lbs of weight and do reps of 10-12 until only the bar remains)

Calf Raises

15 rep warm up

3×10

Dropset (Continue dropping 10-20+ lbs of weight and do reps of 10-12 until only the bar remains)

Preacher Curls Machine

15 rep warm up

3×10

Dropset (Continue dropping 10-20+ lbs of weight and do reps of 10-12 until only the bar remains)

Lateral Pull Downs Cables

15 rep warm up

3×10

Dropset (Continue dropping 10-20+ lbs of weight and do reps of 10-12 until only the bar remains)

Barbell Shrugs

15 rep warm up

3×10

Dropset (Continue dropping 10-20+ lbs of weight and do reps of 10-12 until only the bar remains)

Tricep Kickbacks

15 rep warm up

3×10

Dropset (Continue dropping 10-20+ lbs of weight and do reps of 10-12 until only the bar remains)

Day Five: Legs and Shoulders

Warm Up:

20 min incline walk

Workout:

Back Squats

10-15 rep warm up

3×8-10

Dropset (Continue dropping 10-20+ lbs of weight and do reps of 5-10 until only the bar remains)

Military Press

15 rep warm up

3×10

Dropset (Continue dropping 10-20+ lbs of weight and do reps of 10-12 until only the bar remains)

Leg Press

3×10-12

Arnold Press

3×10-12

Hamstring Curls

3×10-15

Shoulder Front Raises (Dumbbells)

3×10-15

Quad Machine

3×10-15