

MATT DAMON

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.

Matt Damon

Workout Routine:

Training Volume:

3-5 Days

Explanation:

3 Days of Mandatory Lifting

2 Days of Circuit Training and additions for people ready to truly unleash their inner superhero.

Day One: Chest and Triceps

Supersets:

3 Triple Sets: Do not break until you finish all three, and then repeat for a total of 3 sets (each)

10 Dumbbell Bench Press

10 Dumbbell Hex Press

10 Push Ups

3 Triple Sets:

10 Tricep Pushdowns (Cables)

10 Overhead Tricep Extensions

10 Close Grip Push Ups

More Workouts:

3x10-15 Dips

3x10 Skull Crushers

3x10 Chest Flys

Day Two: Activity Day

Utilize the daily workouts given to Damon from his trainer Walsh

OR

Get out there and hit it (boxing, hiking, tennis, basketball, kick bad-guy ass in Hells Kitchen, etc. etc.)

Daily Workouts:

- 100 sit-ups
- 300 push-ups
- Squats (50 reps)
- Squat jumps (50 reps)
- Pull-ups with 35 pounds strapped to waist
- Single-leg squats with 125-pound dumbbells in each hand
- Sled push and pulling

Day Three: Shoulders and Legs

Supersets:

3 Triple Sets:

10 Back Squat

10 Box Jumps (or Step-Ups)

10 Weighted Lunges

3 Triple Sets:

10 Military Press

10 Barbell Shoulder Raise

10 Barbell Shoulder Front Raise

More Workouts:

3x10 Leg Press

3x10 Arnold Press

3x10 Calf Raises

3x10 Shrugs

Day Four: Activity Day

Utilize the daily workouts given to Damon from his trainer Walsh

OR

Get out there and hit it (boxing, hiking, tennis, basketball, kick bad-guy ass in Hells Kitchen, etc. etc.)

Daily Workouts:

- 100 sit-ups
- 300 push-ups
- Squats (50 reps)
- Squat jumps (50 reps)
- Pull-ups with 35 pounds strapped to waist
- Single-leg squats with 125-pound dumbbells in each hand
- Sled push and pulling

Day Five: Back and Biceps

Supersets:

3 Triple Sets:

10 Lateral Pull Downs

10 Dumbbell Rows

10 Wide Push Ups

3 Triple Sets:

10 Bicep Curls (Dumbbells)

10 Chin Ups

10 Hammer Curls (Dumbbells or Cables)

More Workouts:

3x10 Deadlifts

3x10 Preacher Curls

3x10 Cable Rows

3x10 Concentration Curls