

# TOM HARDY BANE WORKOUT



**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.

# Tom Hardy Bane Workout Routine

Disclaimer: These workouts can easily be put into one, or even done as a standalone workout each day. You do not have to break them up into two separate workouts to see results.

**Training Volume 4-5 Days a Week**

---

Day One: Back and Traps

**Session One:**

Lateral Pulldowns

3x10

Barbell Shrugs

3x10

Dumbbell Rows

3x10

Wide Grip Barbell Shrugs

3x10

**Session Two:**

Dumbbell Shrugs

3x10

Cable Rows

3x10

Wide Grip Pull Ups

3x10

Deadlifts

10-8-5-5-3-Max

---

## Day Two: Chest

### **Session One**

Push Ups

3x20

Wide Grip Push Ups

3x20

Dumbbell Bench Press

3x10

Dumbbell Flyes

3x10

### **Session Two**

Cable Flyes

3x10

Incline Cable Flyes

3x10

Dips

3x20

Barbell Bench Press

10-8-5-5-3-Max

---

## Day Three: Arms

### **Session One**

Dumbbell Bicep Curls

3x10

Hammer Curls

3x10

Push Downs (Cable)

3x10

Kick-Backs (Cable)

3x10

### **Session Two**

Chin Ups

3x10

Dips

3x10

Skull Crushers

5x10

Preacher Curls

5x10

---

## Day Four: Legs and Shoulders

### **Session One**

Dumbbell Shoulder Raises

3x10

Calf Raises

3x10

Dumbbell Shrugs

3x10

Weighted Lunges

3x10

**Session Two**

Leg Press

3x10

Barbell Shoulder Raises

3x10

Squats

8-5-5-3-Max

Military Press

10-8-5-5-3-Max