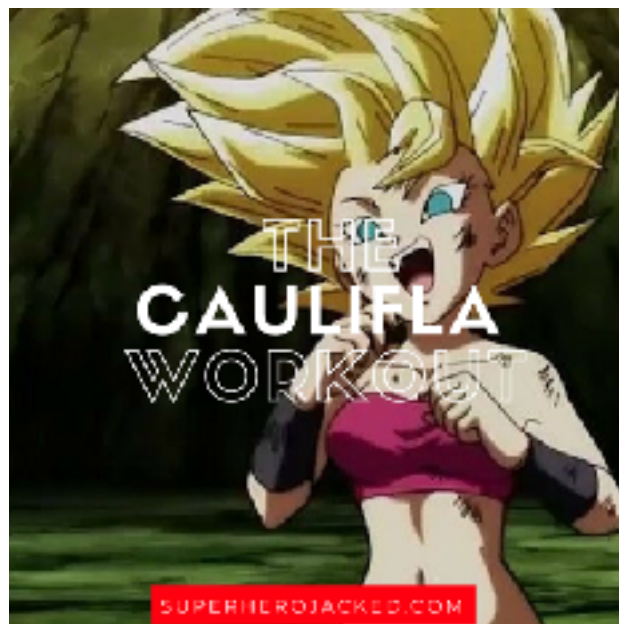


CAULIFLA

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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Caulifla

Workout Routine:

Training Volume:

6 days per week

Explanation:

We're going to have 4 days of typical weight lifting and then 2 days made up of calisthenics and cardio.

Day One: Caulifla Chest and Triceps

Warm Up:

Stretch

Jog 800m

Workout:

Bench Press

4×12

Tricep Overhead Extension

4×12

Incline Bench Press

4×12

Tricep Pushdowns

4×12

Dips

4×25

Caulifla Circuit:

4 Rounds for Time:

400m jog

25 Plank to Push Ups

20 Mountain Climbers

15 Double Unders

10 Clean and Press

5 Burpees

Day Two: Hyperbolic Time Chamber

Warm Up:

Stretch

Cardio:

30-60 min of varied cardio

Calisthenics:

200 Air Squats

150 Sit Ups

150 Push Ups

100 Dips

100 Lunges

75 Pull Ups

75 Leg Raises

Day Three: Caulifla Back and Biceps

Warm Up:

Stretch

Jog 800m

Workout:

Deadlift

4×12

Bicep Curls

4×12

Lateral Pulldowns

4×12

Cable Rows

4×12

Chin Ups

4×25

Caulifla Circuit:

4 Rounds for Time:

400m jog

25 Plank to Push Ups

20 Mountain Climbers

15 Double Unders

10 Clean and Press

5 Burpees

Day Four: Hyperbolic Time Chamber

Warm Up:

Stretch

Cardio:

30-60 min of varied cardio

Calisthenics:

200 Air Squats

150 Sit Ups

150 Push Ups

100 Dips

100 Lunges

75 Pull Ups

75 Leg Raises

Day Five: Caulifla Shoulders and Traps

Warm Up:

Stretch

Jog 800m

Workout:

Military Press

4×12

Dumbbell Shrugs

4×12

Dumbbell Front Raises

4×12

One Arm Dumbbell Snatches

4×12

Push Ups

4×25

Caulifla Circuit:

4 Rounds for Time:

400m jog

25 Plank to Push Ups

20 Mountain Climbers

15 Double Unders

10 Clean and Press

5 Burpees

Day Six: Caulifla Rest and Rice

Rest Day.

Eat some rice and protein.

Have fun.

Day Seven: Caulifla Legs and Calves

Warm Up:

Stretch

Jog 800m

Workout:

Squats

4×12

Calf Raises

4×12

Leg Press

4×12

Hamstring Curls

4×12

Weighted Step Ups

4×12

Caulifla Circuit:

4 Rounds for Time:

400m jog

25 Plank to Push Ups

20 Mountain Climbers

15 Double Unders

10 Clean and Press

5 Burpees