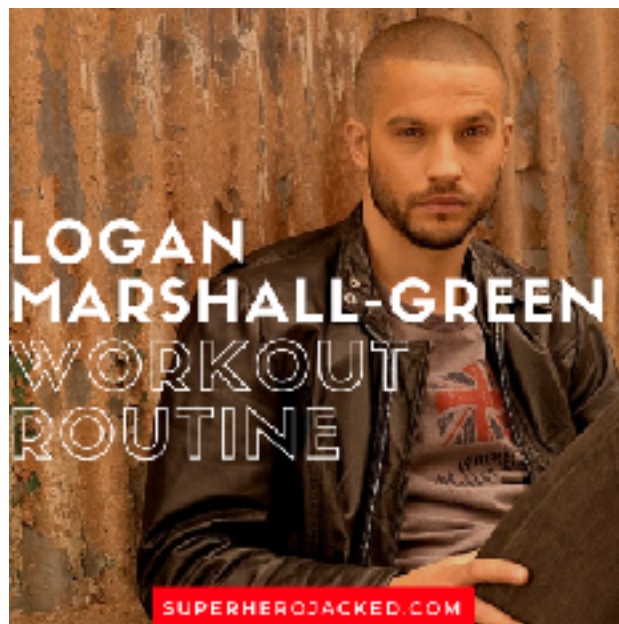


LOGAN MARSHALL-GREEN

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.

The Logan Marshall-Green Workout Routine:

Training Volume:

5 days per week

Explanation:

I'm going to program you 3 days of lifting like we've seen from these other celebs, and then also give you 2 days of "Prison Style" training, which is very popular among this type of toned physique.

Day One: Chest and Triceps

Warm Up:

Stretch

10 Pull-ups

15 Dips

20 Push Ups

25 Air Squats

Workout:

Bench Press

4×12

Skull Crushers

4×12

Incline Bench Press

4×12

Close Grip Bench

4×12

Chest Flys (Dumbbell, Machine or Cable)

4×12

Tricep Pushdown

4×12

Weighted Dips

3xFailure

Day Two: Prison Style

Warm Up:

Stretch

3×60 Second Jump Rope

Workout:

This can be broken down into any set/rep scheme you can do.

50 Pull-Ups

75 Sit Ups

100 Dips

150 Pushups

200 Air Squats

Day Three: Legs and Shoulders

Warm Up:

Stretch

10 Pull-ups

15 Dips

20 Push Ups

25 Air Squats

Workout:

Back Squats

4×12

Military Press

4×12

Leg Press

4×12

Shoulder Flys

4×12

Hamstring Curls

4×12

Barbell Shrugs

4×12

Quad Leg Extensions

4×12

Day Four: Prison Style

Warm Up:

Stretch

3×60 Second Jump Rope

Workout:

This can be broken down into any set/rep scheme you can do.

50 Pull-Ups

75 Sit Ups

100 Dips

150 Pushups

200 Air Squats

Day Five: Back and Biceps

Warm Up:

Stretch

10 Pull-ups

15 Dips

20 Push Ups

25 Air Squats

Workout:

Deadlift

4×12

Preacher Curls

4×12

Cable Rows

4×12

Hammer Curls

4×12

Lateral Pulldowns

4×12

Concentration Curls

4×12

Weighted Wide Grip Pull Ups

3xFailure