

VEGETA

WORKOUT ROUTINE



BONUS PDF FILE

By: Mike Romaine



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.

Vegeta

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: Vegeta 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

Vegeta Circuit:

4 Rounds for Time:

400m jog

25 Hanging Leg Raises

20 Kettlebell Swings

15 Burpees

10 Squat Cleans

5 Pistol Squats (each leg)

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: Vegeta 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

Vegeta Circuit:

4 Rounds for Time:

400m jog

25 Hanging Leg Raises

20 Kettlebell Swings

15 Burpees

10 Squat Cleans

5 Pistol Squats (each leg)

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: Vegeta 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

Vegeta Circuit:

4 Rounds for Time:

400m jog

25 Hanging Leg Raises

20 Kettlebell Swings

15 Burpees

10 Squat Cleans

5 Pistol Squats (each leg)

Day Six: Vegeta Rest and Rice

Rest Day.

Eat some rice and protein.

Have fun.

Day Seven: Vegeta 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

Vegeta Circuit:

4 Rounds for Time:

400m jog

25 Hanging Leg Raises

20 Kettlebell Swings

15 Burpees

10 Squat Cleans

5 Pistol Squats (each leg)