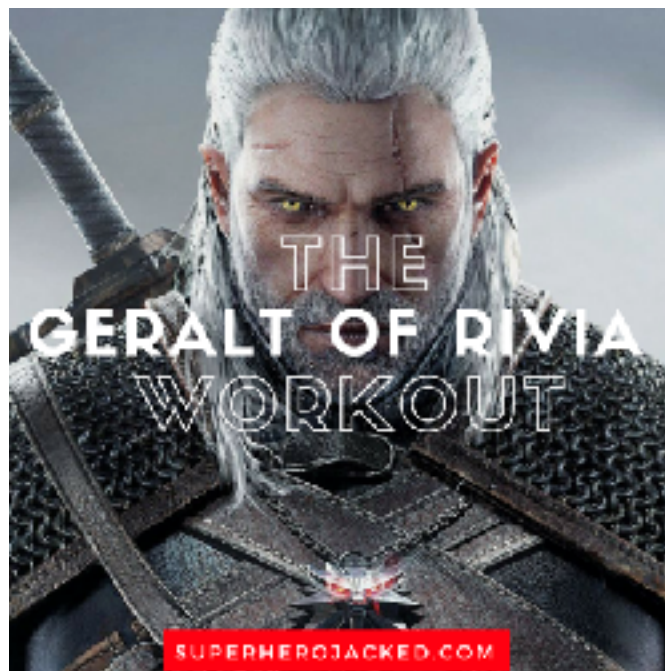


GERALT OF RIVIA WORKOUT ROUTINE



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.

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.

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Geralt of Rivia Workout Routine

Training Volume:

5+ days per week

Explanation:

I'm going to program you workouts that will be striving to give you "enhanced physicals, such as speed, strength, stamina and durability". I will also mention two extra days devoted to mixed martial arts and swordsmanship.

Day One: Pull Day

Warm Up:

Stretch

3 mile jog

Workout:

Deadlift

5×12,10,8,5,3

Bicep Curls

4×12

Lateral Pulldowns

4×12

Hammer Curls

4×12

Cable Rows

4×12

Preacher Curls

4×12

Face Pulls

4×12

Chin Ups

4×12

Day Two: MMA and Swordsmanship

This one is going to be on you.

It's time for you to learn your craft.

Whether that's going to be MMA training at a local gym, taking some programming from Coach Derek in [The Academy](#), or even discovering your own path – you're going to need to master it in order to be like Geralt of Rivia.

Day Three: Push Day

Warm Up:

Stretch

3 mile jog

Workout:

Bench Press

5×12,10,8,5,3

Close Grip Bench

4×12

Incline Dumbbell Press

4×12

Kickbacks

4×12 each arm

Military Press

4×12

Cable Flys

4×12

Shoulder Front Raises

4×12

Push Ups

4×25

Day Four: MMA and Swordsmanship

This one is going to be on you.

It's time for you to learn your craft.

Whether that's going to be MMA training at a local gym, taking some programming from Coach Derek in [The Academy](#), or even discovering your own path – you're going to need to master it in order to be like Geralt of Rivia.

Day Five: Leg Day

Warm Up:

Stretch

3 mile jog

Workout:

Back Squats

5×12,10,8,5,3

Leg Press

4×12

Calf Raises

4×12

Weighted Lunges

4×12 each leg

Hamstring Curls

4×12

Quad Extensions

4×12

Glute Pushdowns

4×12

Cable Pull-throughs

4×12