

MICHAEL ROOKER WORKOUT ROUTINE



BONUS PDF FILE

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 **SUPERHERO** ⚡ **JACKED** 

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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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Michael Rooker Workout Routine

Training Volume:

3-5 days

Explanation:

You're going to be training 3 days. Push, Pull, and Legs. The other two days you can add in some cardio or activity to get yourself moving.

Day One: Push (Chest, Shoulders, Triceps)

Warm Up:

Stretch

10-20 minute incline walk

Workout:

Bench Press

4×12

Shoulder Press

4×12

Skull Crushers

4×12

Incline Bench Press

4×12

Shoulder Flys

4×12

Seated Tricep Overhead Extension

4×12

Dips

4xFailure

Day Two: Pull (Back and Biceps)

Warm Up:

Stretch

10-20 minute incline walk

Workout:

Deadlift

4×12

Preacher Curls

4×12

Cable Rows

4×12

Concentration Curls

4×12

Lateral Pulldowns

4×12

Hammer Curls

4×12

Pull Ups

4xFailure

Day Three: Legs

Warm Up:

Stretch

10-20 minute incline walk

Workout:

Back Squat

4×12

Leg Press

4×12

Hamstring Curls

4×12

Quad Extension

4×12

Weighted Lunges

4×12

Calf Raises

4×12

Pistol Squats

4×12 (Each Leg)