

BROLY

WORKOUT ROUTINE



BONUS PDF FILE

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 **SUPERHERO**  **JACKED** 

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Broly Workout Routine

Training Volume:

6-7 days a week

Explanation:

If you were a saiyan I would tell you to train every single day. But, seeing as how we're mere humans trying to become SuperHuman, we're going to need at least one day per week to recover, so train 6 days a week and cut out an endurance and MMA day once per week somewhere.

Superset Explanation:

Letters indicate superset movements. Do them in order, without taking breaks in between each of them until a full set of each is done. Then break, and rinse and repeat for the given number of sets.

Circuit Explanation:

No break through the duration of the circuit. All the rounds and exercises should be completed all the way through.

Broly Workout Day One: Back and Biceps

Warm Up:

Stretch

1 mile jog

3×10 Pull Ups

3×15 Dips

3×20 Air Squats

3×25 Push Ups

Workout:

Deadlift

5×10,8,5,3,3

Preacher Curls

4×10,8,5,6

Superset 1:

A. Lateral Pulldowns

3×10

B. Rows (Cable or Machine)

3×10

Superset 2:

A. Barbell Rows

3×10

B. Light Barbell Curls

3×10

Superset 3:

A. Seated Dumbbell Curls

3×10

B. Standing Dumbbell Hammer Curls

3×10

Circuit Finisher:

Three Round Circuit of: 21-15-9

Complete 21 reps of each, then 15, then 9

Movements:

Deadlift@135 for men 95 for women

Box Jumps

Broly Workout Day Two: Endurance and MMA

All heroes should know how to defend themselves.

Just ask MMA Coach Derek in [The Academy](#).

Use a minimum of 2-3 days to train your mixed martial arts and endurance.

Also check out programs on the site from Coach Derek here: [Moon Knight](#), [Deathstroke](#), [Daredevil](#), [Anna Diop](#).

Workout:

Run 3-5 miles

Don't be afraid to start and stop at first, but do your best to work your way up to a continuous long distance run.

Calisthenics Add-on:

If you're not going to be adding MMA in on top of the endurance training, you're going to want to include some bodyweight/calisthenics work. Finish this rep scheme with the use of superset, circuits, or basic sets:

75 Pull Ups

75 Sit Ups

100 Dips

100 Lunges

150 Push Ups

150 Air Squats

Broly Workout Day Three: Chest and Triceps

Warm Up:

Stretch

1 mile jog

3×10 Pull Ups

3×15 Dips

3×20 Air Squats

3×25 Push Ups

Workout:

Bench Press

5×10,8,5,3,3

Close Grip Bench

4×10,8,5,6

Superset 1:

A. Incline Dumbbell Bench Press

3×10

B. Dumbbell Standing Flys

3×10

Superset 2:

A. Skull Crushers

3×10

B. Standing Overhead Tricep Extension

3×10

Superset 3:

A. Dumbbell Chest Flys

3×10

B. Dumbbell Tricep Kickbacks

3×10

Circuit Finisher:

3 Rounds for Time

10 Cable Chest Press

10 Clap Push Ups

10 Mountain Climbers

Broly Workout Day Four: Endurance and MMA

All heroes should know how to defend themselves.

Just ask MMA Coach Derek in [The Academy](#).

Use a minimum of 2-3 days to train your mixed martial arts and endurance.

Also check out programs on the site from Coach Derek here: [Moon Knight](#), [Deathstroke](#), [Daredevil](#), [Anna Diop](#).

Workout:

Run 3-5 miles

Don't be afraid to start and stop at first, but do your best to work your way up to a continuous long distance run.

Calisthenics Add-on:

If you're not going to be adding MMA in on top of the endurance training, you're going to want to include some bodyweight/calisthenics work. Finish this rep scheme with the use of superset, circuits, or basic sets:

75 Pull Ups

75 Sit Ups

100 Dips

100 Lunges

150 Push Ups

150 Air Squats

Broly Workout Day Five: Legs, Glutes and Calves

Warm Up:

Stretch

1 mile jog

3×10 Pull Ups

3×15 Dips

3×20 Air Squats

3×25 Push Ups

Workout:

Back Squat

5×10,8,5,3,3

Cable Pullthroughs

4×10,8,5,6

Superset 1:

A. Leg Press

3×10

B. Calf Raises (on Leg Press)

3×10

Superset 2:

A. Weighted Lunges

3×10

B. Hamstring Curls

3×10

Superset 3:

A. Leg Extension

3×10

B. Straight Leg Deadlift

3×10

Circuit Finisher:

5 Rounds for Time

60 second Plank

10 Air Squats

10 Lying Leg Raises

30 Second Wall Sit Hold

Broly Workout Day Six: Endurance and MMA

All heroes should know how to defend themselves.

Just ask MMA Coach Derek in [The Academy](#).

Use a minimum of 2-3 days to train your mixed martial arts and endurance.

Also check out programs on the site from Coach Derek here: [Moon Knight](#), [Deathstroke](#), [Daredevil](#), [Anna Diop](#).

Workout:

Run 3-5 miles

Don't be afraid to start and stop at first, but do your best to work your way up to a continuous long distance run.

Calisthenics Add-on:

If you're not going to be adding MMA in on top of the endurance training, you're going to want to include some bodyweight/calisthenics work. Finish this rep scheme with the use of superset, circuits, or basic sets:

75 Pull Ups

75 Sit Ups

100 Dips

100 Lunges

150 Push Ups

150 Air Squats

Broly Workout Day Seven: Shoulder and Traps

Warm Up:

Stretch

1 mile jog

3×10 Pull Ups

3×15 Dips

3×20 Air Squats

3×25 Push Ups

Workout:

Military Press

5×10,8,5,3,3

Barbell Shrugs

4×10,8,5,6

Superset 1:

A. Arnold Press

3×10

B. Upright Row

3×10

Superset 2:

A. Front Raise (Plate or DB)

3×10

B. Dumbbell Shrugs

3×10

Superset 3:

A. Face Pulls

3×10

B. Lateral Cable Raises

3×10

Circuit Finisher:

EMOM (Every Minute on The Minute):

10 Minutes of:

5 Burpees