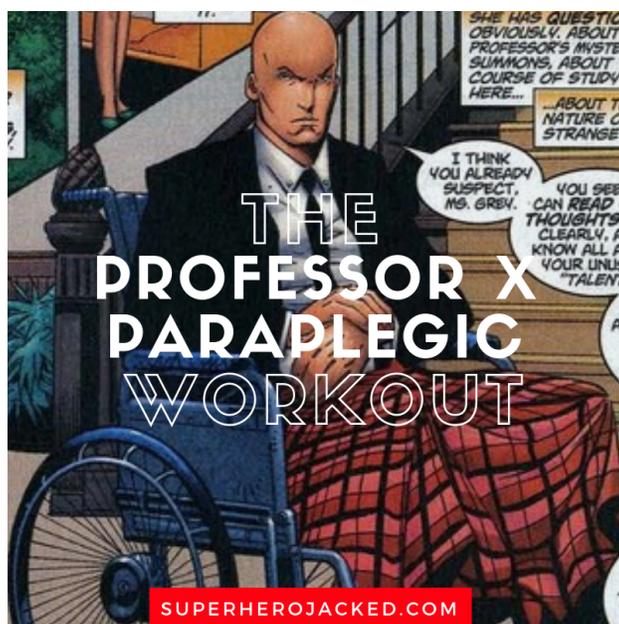


# PROFESSOR X

## WORKOUT ROUTINE



**BONUS PDF FILE**

**By: Mike Romaine**

 **SUPERHERO**  **JACKED** 

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# **Professor X Workout Routine**

## **Training Volume:**

3-5 days per week

## **Explanation:**

I'm going to write up a program that can be utilized 3 days a week.

I also suggest getting in some form of cardio 2+ days a week on top of this. This could be as simple as going out and about around your neighborhood or a local town/city. But some other options are high intensity wheelchair workouts (some can be found on YouTube), some adapted CrossFit, or even Wheelchair Boxing.

## **Precautions**

See your doctor before trying this workout if you have any injuries, illnesses or other conditions that may cause a problem with exercise.

# **The Workout:**

## **Warm Up:**

Stretch

If possible, complete a 20-30 min row or arm-bike

**Workout:**

Wheel Chair Push Ups

Shoulder Press

Bicep Curls

Arm Raises (Shoulder Raises)

Bent Over Rows

Chest Press w/ Resistance Band (around the back of chair)

Seated Resistance Band Lateral Pull

Overhead Tricep Extensions w/ Single Dumbbell

Seated Rotation for Abs and Obliques w/ Single Dumbbell

**More Workout Tips:**

Another mention I would like to include in the article is an athlete named **Kevin Ogar**. He is a paraplegic CrossFit athlete that loves to bench press and train hard!

I suggest checking out his [Instagram](#) and reading more about him if you'd like motivation for other movements and exercises that can be performed.

Be safe, and again, check with your doctor. You should also always have a spotter when performing new movements.