

MAUI INSPIRED WORKOUT ROUTINE



Bonus PDF File
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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.

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MAUI INSPIRED WORKOUT ROUTINE

Training Volume:

6+ days per week

Explanation:

We are training to be a Demi-God. A Fish Hook wielding, Demi-God. Maui doesn't have to train. He was born a Demi-God. But we do. So you'll be seeing inspiration drawn for strength straight from pulling it out of Dwayne Johnson's workout (AKA Maui and actual Demi-God living among us), and also some Maui Inspired tie-ins.

Maui Inspired Workout Monday: Chest and Cardio

Cardio

Cardio can be done separate from your workout if you'd like to do a two-a-days.

For cardio you're either going to be swimming, rowing, or sailing.

Sailing might be difficult for some, so I'll program you some of the other two.

Swimming:

Full full programming located at the end of this routine.

Rowing Options:

Long and Steady = 20-45 min of long, steady paced row machine

HIIT = 1 min high intensity, then 1 min low/average intensity for 20-30 minutes

Chest

Barbell Chest Press:

4×12

Incline Dumbbell Press:

4×12

Cable Crossovers (we've seen this picture of Johnson before!)

4×12

Dumbbell Flyes

4×12

Dips (The Rock would do these weighted, naturally...)

4×20

Push Ups

4×20

Maui Inspired Workout Tuesday: Shoulders and Cardio

Cardio

Cardio can be done separate from your workout if you'd like to do a two-a-days.

For cardio you're either going to be swimming, rowing, or sailing.

Sailing might be difficult for some, so I'll program you some of the other two.

Swimming:

Full full programming located at the end of this routine.

Rowing Options:

Long and Steady = 20-45 min of long, steady paced row machine

HIIT = 1 min high intensity, then 1 min low/average intensity for 20-30 minutes

Shoulders

Barbell Overhead Press

4×12

Cable Front Raises (Alternating Arms or Straight Bar)

4×12

Dumbbell Arnold Presses

4×12

Barbell Shrugs

4×12

Rear Delt Cable Raise

4×12

Pull Ups

4×12

Maui Inspired Workout Wednesday: Triceps and Cardio

Cardio

Cardio can be done separate from your workout if you'd like to do a two-a-days.

For cardio you're either going to be swimming, rowing, or sailing.

Sailing might be difficult for some, so I'll program you some of the other two.

Swimming:

Full full programming located at the end of this routine.

Rowing Options:

Long and Steady = 20-45 min of long, steady paced row machine

HIIT = 1 min high intensity, then 1 min low/average intensity for 20-30 minutes

Triceps

Skull Crushers

4×12

Overhead Tricep Extension

4×12

One Arm Reverse Grip Tricep Extension

4×12

Tricep Push Downs

4×12

Close Grip Bench Press

4×12

Cable/Dumbbell Kickbacks

4×12

Maui Inspired Workout Thursday: Back and Cardio

Cardio

Cardio can be done separate from your workout if you'd like to do a two-a-days.

For cardio you're either going to be swimming, rowing, or sailing.

Sailing might be difficult for some, so I'll program you some of the other two.

Swimming:

Full full programming located at the end of this routine.

Rowing Options:

Long and Steady = 20-45 min of long, steady paced row machine

HIIT = 1 min high intensity, then 1 min low/average intensity for 20-30 minutes

Back

Deadlift

4×12

Wide Grip Lateral Pull Downs

4×12

Close Grip Lateral Pull Downs

4×12

One Arm Seated Cable Rows

4×12

Hammer Strength Rows

4×12

Wide Grip Pull Ups

4×12

Maui Inspired Workout Friday: Legs and Cardio

Cardio

Cardio can be done separate from your workout if you'd like to do a two-a-days.

For cardio you're either going to be swimming, rowing, or sailing.

Sailing might be difficult for some, so I'll program you some of the other two.

Swimming:

Full full programming located at the end of this routine.

Rowing Options:

Long and Steady = 20-45 min of long, steady paced row machine

HIIT = 1 min high intensity, then 1 min low/average intensity for 20-30 minutes

Legs

Squats

4×12

Calf Raises

4×12

Dumbbell Weighted Lunges

4×12

Leg Press

4×12

Hack Squat

4×12

Box Jumps

4×12

Maui Inspired Workout Saturday: Biceps and Cardio

Cardio

Cardio can be done separate from your workout if you'd like to do a two-a-days.

For cardio you're either going to be swimming, rowing, or sailing.

Sailing might be difficult for some, so I'll program you some of the other two.

Swimming:

Full full programming located at the end of this routine.

Rowing Options:

Long and Steady = 20-45 min of long, steady paced row machine

HIIT = 1 min high intensity, then 1 min low/average intensity for 20-30 minutes

Biceps

Preacher Curls

4×12

Dumbbell Hammer Curls

4×12

Spider Curls

4×12

Overhead Cable Curls

4×12

Zottman Curls

4×12

Chin Ups (The Rock would obviously do these weighted as well...)

4×12

Maui Inspired Workout Swimming Day

Okay. Moana is like a dang fish.

So what do you think MAUI is like!?

For this one we're going to be utilizing a training program that we saw Nathalie Emmanuel utilize.

It's the same one I shared for Moana, and it's good for beginners and intermediate level swimmers.

She (Nathalie Emmanuel) mentions a program from Annie Emerson that is shared on Speedo. It's a beginner program you can utilize to get you started!

It's pretty in depth and fun. So get out there and swim.

You can find that [here](#).