

# MAUI INSPIRED WORKOUT ROUTINE



Bonus PDF File  
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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](#).