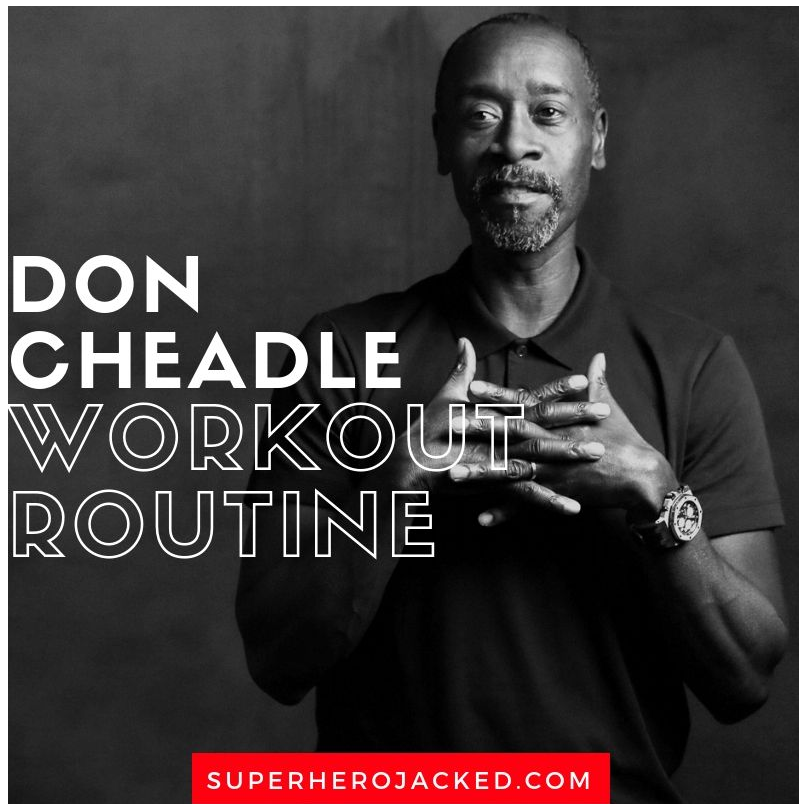


DON CHEADLE WORKOUT ROUTINE



Bonus PDF File
By: Mike Romaine

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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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DON CHEADLE WORKOUT ROUTINE

Training Volume:

3-5+ times per week

Explanation:

No groundbreaking moves. That's what Cheadle says. So we'll be hitting the weights 3 days a week and then either biking or doing Pilates the other 2+ days per week.

Don Cheadle Workout Day One: Pull Day

Warm Up:

Stretch

Bike 10-20 minutes

Workout:

Bent Over Rows w/ EZ Bar or Barbell

3×12

Dumbbell Bicep Curls

3×10 each arm

Wide Grip Lateral Pulldowns

3×12

Dumbbell Pullovers

3×12

Hammer Curls w/ Cable

3×12

Chin Ups

3×12

Preacher Curls

3×12

Don Cheadle Workout Day Two: Bike and/or Pilates

Cheadle says he likes to bike and also utilize Pilates in his workout routine.

Today you're doing either or...or even both!

Hit a Pilates workout on YouTube or a class – or hit the open road on a bike.

Oh, or just do the bike at the gym for some HIIT training for 20-30 minutes or some long distance steady 30-60 minutes.

Don Cheadle Workout Day Three: Push Day

Warm Up:

Stretch

Bike 10-20 minutes

Workout:

Dumbbell Incline Bench Press

3×12

Single Arm Side Lateral Cable Raise

3×10 each arm

Cable Flys

3×12

Face Pulls

3×12

Tricep Cable Pushdown

3×12

Dumbbell Arnold Press

3×12

Dips

3×12

**Don Cheadle Workout Day Four: Bike and/or
Pilates**

Cheadle says he likes to bike and also utilize Pilates in his workout routine.

Today you're doing either or...or even both!

Hit a Pilates workout on YouTube or a class – or hit the open road on a bike.

Oh, or just do the bike at the gym for some HIIT training for 20-30 minutes or some long distance steady 30-60 minutes.

Don Cheadle Workout Day Five: Leg Day

Warm Up:

Stretch

Bike 10-20 minutes

Workout:

Squat Variation (Goblet/Landmine/Back/Front/Hack)

3×12

Leg Press

3×10

Bulgarian Split Squats

3×12

Box Jumps

3×12

Hamstring Curls or Kickbacks

3×12

Leg/Quad Extension

3×12

Seated Calf Raises

3×12