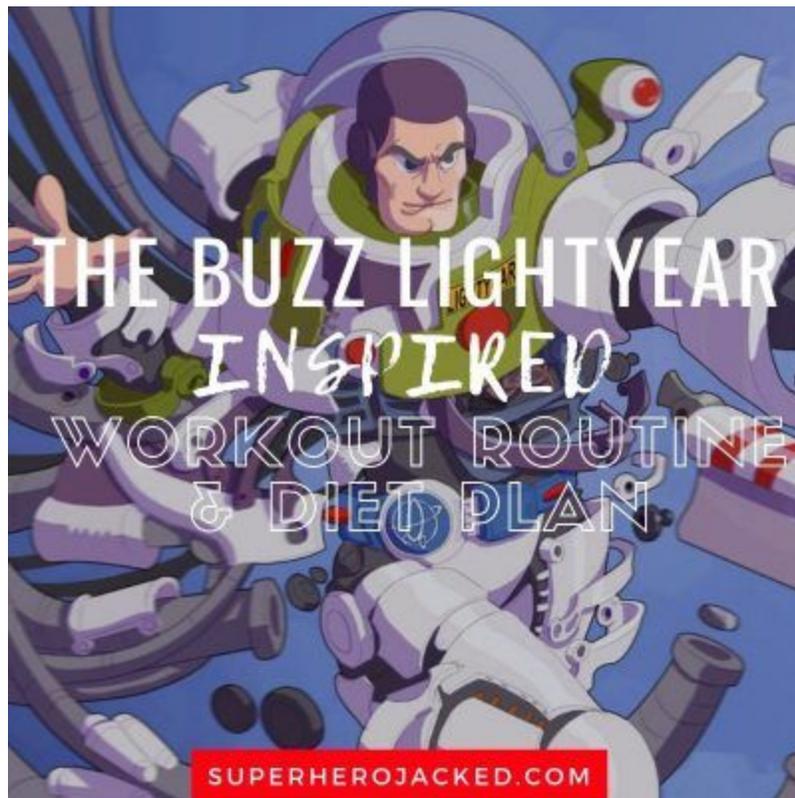


BUZZ INSPIRED WORKOUT ROUTINE



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.

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BUZZ LIGHTYEAR INSPIRED WORKOUT ROUTINE

Training Volume:

5-6 days per week

Explanation:

Obviously we're not going to be able to train in space, or with any special equipment that recreates the experience of training in space. What we can do instead is train in the same style that they would, which would include a lot of running, and an upper-lower body split. I'm going to program you both, based on what we learned, and if you want to train three lifting days per week you would do upper-lower-upper one week, and then lower-upper-lower the next.

Buzz Lightyear Inspired Workout [Schedule]:

Your workout schedule is going to look something like this:

Day One: Upper or Lower

Day Two: Run 5 miles (you can work your way up with 1-3 to start)

Day Three: Upper or Lower

Day Four: Run 5 miles (you can work your way up with 1-3 to start)

Day Five: Upper or Lower or Off Day (*This day is light day w/ reps of 12 instead of 8*)

Day Six and Seven: Run 5 miles (you can do this on one or both)

Buzz Lightyear Inspired Workout: Upper Body Split

Warm Up:

Light Jog 10-15 minutes

Workout:

Bench Press

4×8

Arnold Press

4×8

Overhead Tricep Extension w/ DB

4×8

Bent Over Rows

4×8

Incline Press (Machine or DB)

4×8

Lateral Pulldowns

4×8

Bicep Curls

4×8

Buzz Lightyear Inspired Workout: Lower Body Split

Warm Up:

Light Jog 10-15 minutes

Workout:

Squats

4×8

Deadlifts

4×8

Leg Press

4×8

Hamstring Curls

4×8

Leg Extension

4×8

Sit Ups

4×25

Hanging Leg Raises

4×25