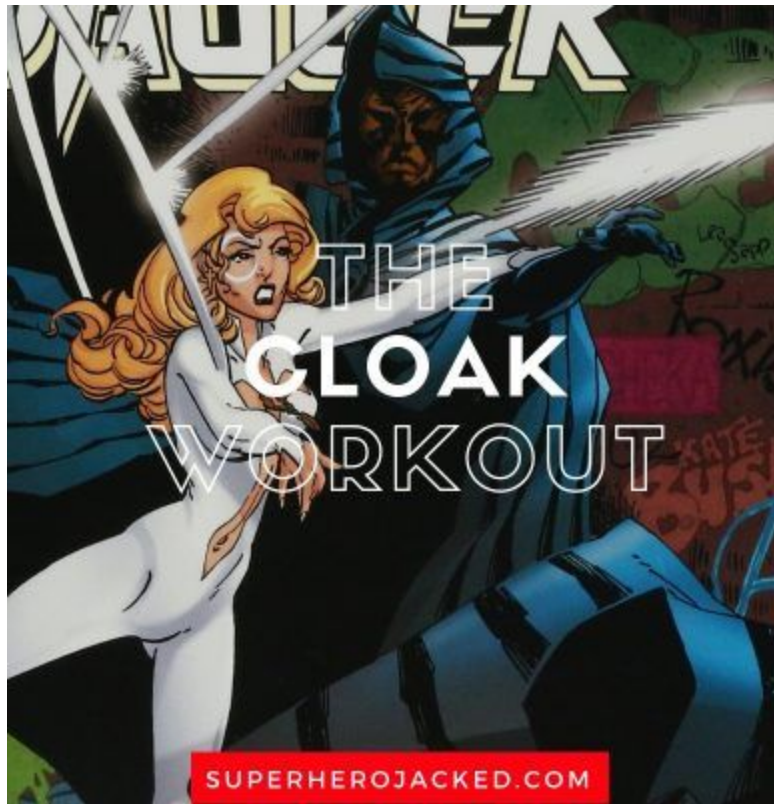


CLOAK

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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CLOAK WORKOUT ROUTINE

Training Volume:

4+ days per week

Explanation:

I'm going to program you 4 days of weightlifting to get strong like Cloak. I'll also be giving you some extra MMA training from Coach Derek. Feel free to add them in.

Please also refer to our [Pyramid Training Guide](#), as it will be important to utilize it with this routine.

Also remember that these routines are intense. We're basing them around fictional characters. If you need to scale, you can. Lift heavy and get big!

Day One: Chest and Triceps

Warm Up:

Stretch

Workout:

Bench Press

5×10,8,5,3,1

Tricep Overhead Extension (Dumbbells)

4×10

Incline Dumbbell Bench Press

4×12,10,8,6

Tricep Cable Pushdowns

4×10

Decline Cable Flys

4×10

Cable Kickbacks

4×10

Weighed Dips

4×25

Day Two: Squats and Calves

Warm Up:

Stretch

Workout:

Back Squats

5×10,8,5,3,1

Calf Raises

4×10

Leg Press

4×12,10,8,6

Weighted Lunges

4×10

Front Squats

4×10

Hamstring Curls

4×10

Quad Leg Extension

4×10

Day Three: Military Press and Traps

Warm Up:

Stretch

Workout:

Military Press

5×10,8,5,3,1

Barbell Shrugs

4×10

Arnold Press

4×12,10,8,6

Dumbbell Shrugs

4×10

Power Cleans

4×10

DB Shoulder Front Raises

4×10

Shoulder Flys

4×10

Day Four: Deadlift and Biceps

Warm Up:

Stretch

Workout:

Deadlift

5×10,8,5,3,1

Dumbbell Bicep Curls

4×10

Bent Over Rows

4×12,10,8,6

Hammer Curls

4×10

Lateral Pulldowns

4×10

Cable Rows

4×10

Weighed Chin Ups

4×10

Bonus 1-2 Days: Activity and MMA

Check out MMA programs on the site from Coach Derek here: [Moon Knight](#), [Deathstroke](#), [Daredevil](#), and [Sagat](#).

For some Thai Boxing fun check out [Anna Diop's](#) routine.

For Parkour I worked with Felix on this one: [Nightrunner](#) workout.