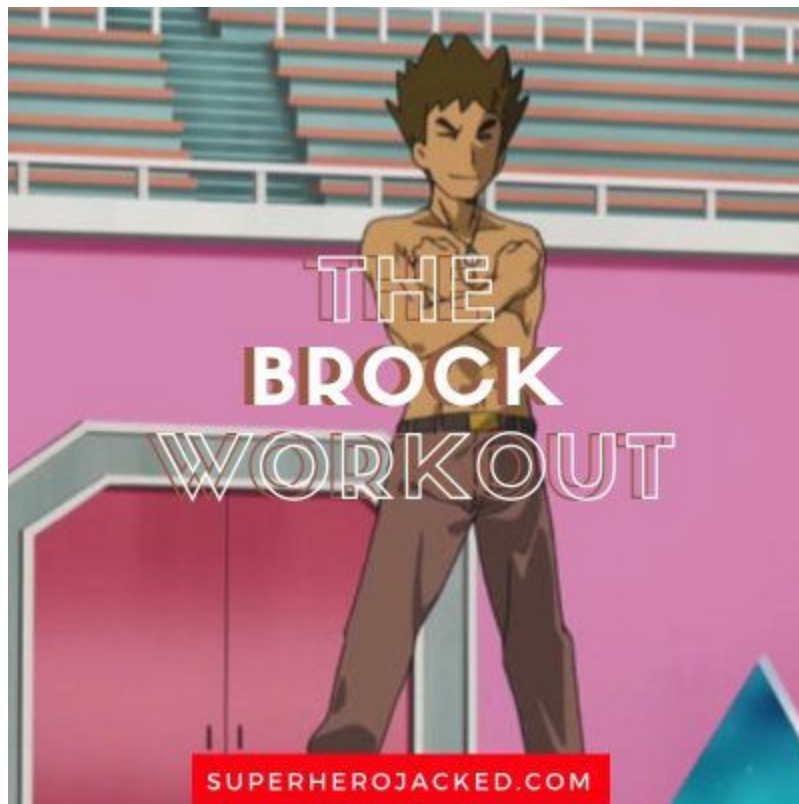


# BROCK

# WORKOUT ROUTINE



Bonus PDF File  
By: Mike Romaine

## **Copyright Notice**

No part of this report may be reproduced or transmitted in any form whatsoever, electronic, or mechanical, including photocopying, recording, or by any informational storage or retrieval system without expressed written, dated and signed permission from the author. All copyrights are reserved.

## **Disclaimer and/or Legal Notices**

The information provided in this book is for educational purposes only. I am not a doctor and this is not meant to be taken as medical advice.

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.

If you have any health issues or pre-existing conditions, please consult with your physician before implementing any of the information provided in this course.

This product is for informational purposes only and the author does not accept any responsibilities for any liabilities or damages, real or perceived, resulting from the use of this information.

# POKEMON BROCK WORKOUT ROUTINE

## Training Volume:

3-5 days per week

## Explanation:

There's obviously a ton of ways you could obtain this slim and toned physique, but I'll be programming you something that anyone can start with that'll consist of some cardio and full body training. Being that it's a beginner styled program I'll also be straying away from complicated compounds and building this to be capable of completing at a Planet Fitness type of gym.

## Brock Cosplay Workout: Weekly Schedule

**Monday:** 30 Minutes Varied Cardio & Full Body Day One

**Tuesday:** Off Day or 60 Minutes of Cardio (To Boost Fat Loss)

**Wednesday:** 30 Minutes Varied Cardio & Full Body Day Two

**Thursday:** Off Day or 60 Minutes of Cardio (To Boost Fat Loss)

**Friday:** 30 Minutes Varied Cardio & Full Body Day Three

**Saturday:** Off Day

**Sunday:** Off Day

## **Brock Cosplay Workout: Full Body Day One**

Incline Dumbbell Bench Press

3×10

Standing Dumbbell Front Raises

3×10 each arm

Cable Lateral Pulldowns

3×10

Dumbbell Bicep Curls

3×10 each arm

Tricep Cable Pushdowns

3×10

Leg Press

3×10

## **Brock Cosplay Workout: Full Body Day Two**

Cable Chest Flyes

3×10

Seated Dumbbell Overhead Press

3×10

Bent Over Dumbbell Rows

3×10 each arm

Machine Preacher Curls

3×10

Seated Tricep Overhead Extension w/ Single DB

3×10

Weighted Lunges

3×10 each leg

## **Brock Cosplay Workout: Full Body Day Three**

Machine Chest Press

3×10

EZ Bar Upright Rows

3×10

Face Pulls

3×10

Cable Hammer Curls w/ Rope

3×10

Tricep Cable Kickbacks

3×10 each arm

Goblet Squats w/ DB

3×10