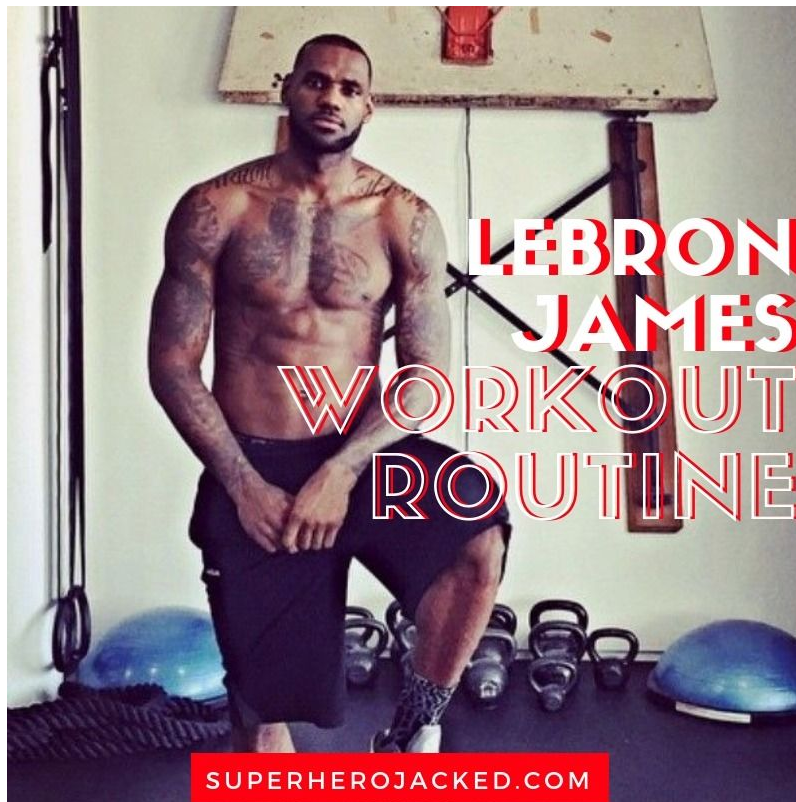


LEBRON JAMES WORKOUT ROUTINE



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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LEBRON JAMES WORKOUT ROUTINE

Training Volume:

5 days per week

Explanation:

We're going to be mixing in everything we know about LeBron James workout and training. Just know, though, The King is in on the court SEVEN days a week during the season.

Want To Upgrade This Workout?

[The Superhero Academy](#) now comes with an [Upgrade Your Workout Tool](#) that allows Academy members to turn any SHJ workout into a 4-8 week fully planned regime detailing exact weights to lift and including reverse & tradition pyramid training, straight sets, super sets, progressive overload and more.

Lebron James Workout: Sample Workout Routine Schedule

Monday: Chest, Tris, Shoulders and VersaClimber w/ Stretch/Yoga Cooldown

Tuesday: Plyometrics/Spin and Yoga

Wednesday: Back, Biceps, Traps and VersaClimber w/ Stretch/Yoga Cooldown

Thursday: Plyometrics/Spin and Yoga

Friday: Legs, Calves, Explosiveness and VersaClimber w/ Stretch/Yoga Cooldown

Saturday: Plyometrics/Spin and Yoga

Sunday: Rest Day

Bonus: LeBron James Recovery Workout

Lebron James Workout: Chest, Tris, Shoulders and VersaClimber w/ Stretch/Yoga Cooldown

Warm Up:

StairMaster or VersaClimber

20-30 Minutes

Workout:

Incline Bench Press w/ DB

4x12

Seated DB Overhead Press

4x12

Seated Overhead Tricep Extension w/ One DB

4x12

Calisthenics:

Clap Push-Ups

3×20

Triangle Push Ups

3×15

Plank to Push Ups

3×10

Cooldown:

15-30 minutes of Yoga

Lebron James Workout: Plyometrics/Spin and Yoga

Alright, if you read the workout routine research you likely know what's going on here.

We're going to be hitting some classes for Plyometrics, Spin, and/or Yoga.

The best bet would be to hit 2 classes of 30-60 minute sessions each.

If you can't do this, well then obviously just make it one.

But when you're The King, you make time for it.

Lebron James Workout: Back, Bis, Traps and VersaClimber w/ Stretch/Yoga Cooldown

Warm Up:

StairMaster or VersaClimber

20-30 Minutes

Workout:

Barbell Deadlift

4×12

Standing Bicep Curls w/ Barbell

4×12

Barbell Bent Over Rows

4×12

Calisthenics:

Wide Push Ups

3×20

Chin Ups

3×15

Wide Grip Pull Ups

3×10

Cooldown:

15-30 minutes of Yoga

Lebron James Workout: Plyometrics/Spin and Yoga

Alright, if you read the workout routine research you likely know what's going on here.

We're going to be hitting some classes for Calisthenics, Spin, and/or Yoga.

The best bet would be to hit 2 classes of 30-60 minute sessions each.

If you can't do this, well then obviously just make it one.

But when you're The King, you make time for it.

Lebron James Workout: Legs, Calves, Explosiveness and VersaClimber w/ Stretch/Yoga Cooldown

Warm Up:

StairMaster or VersaClimber

20-30 Minutes

Workout:

Back Squat

4x12

Leg Press

4x12

Seated Calf Raise

4×12

Calisthenics:

Jumping Lunges

3×20

Box Jumps

3×15

Weighted Jumps

3×10

Cooldown:

15-30 minutes of Yoga

**Lebron James Workout: Bonus Recovery Workout w/ Trainer
Mike Mancias**

Spider-Man Crawl

- 1 set of 10 to 12 reps

TOTAL BODY CARDIOVASCULAR WARMUP

VersaClimber

- 3 sets of 30 seconds each (15 to 20 second rest)

STRENGTH TRAINING

1. Inverted Row

- 3 sets of 8 to 10 reps

2. Landmine Rotational Press

- 3 sets of 8 to 12 reps per side

3. Multi-Planar Lunge

- 3 sets of 3 rounds per leg

4. Cable Lateral Chop

- 3 sets of 10 reps per side