

SHAH RUKH KHAN WORKOUT ROUTINE



Bonus PDF File
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SHAH RUKH KHAN WORKOUT ROUTINE

Training Volume:

5 days per week – 45-60 minute sessions

Explanation:

We're going to be training like Shah Rukh Khan, but being that we likely have schedules that allow for us to devote some more time, I'll also be giving you options to utilize extra time to scale down the intensity level that SRK is forced to bring each and every day (although if you want to bring it, that option will be there as well).

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.

Shah Rukh Khan Workout: Sample Schedule

It does not matter which days you choose to utilize specifically, but this is a sample of what a typical week can look like.

Monday: Chest and Triceps

Tuesday: Back and Biceps

Wednesday: Abs and Core Work

Thursday: Shoulders, Traps and Extra Lats

Friday: Legs, Calves and Blowout

Saturday: Off Day

Sunday: Off Day

Shah Rukh Khan Workout: Chest and Triceps

Warm Up:

You have a couple options here. You can choose to go for a 60+ minute session and shoot for 15-30 minutes of cardio here and then scale back a bit on the intensity with the supersets and circuits we'll utilize in the routine (add more breaks), OR you can get a nice 5-10 min walking warm up in and then really bring it for the workout.

Workout:

Superset One:

A. Dumbbell Bench Press

4x12

B. Dumbbell Standing Incline Chest Flyes

4x12

C. Decline Push Ups

4xFailure (Blowout)

Superset Two:

A. Cable Tricep Pushdowns w/ Rope

3x10

B. Cable Overhead Extension w/ Rope

3x10

C. Cable Kickbacks (detach rope)

3x10 each arm

Superset Three:

A. Incline DB Chest Press

3x10

B. Banded or Cable Chest Flyes

3x10

C. Incline Hex Press

3x10

Blowout:

3 Rounds For Time:

25 Dips

15 Triangle Push Ups

5 Plank to Push Ups

Shah Rukh Khan Workout: Back and Biceps

Warm Up:

You have a couple options here. You can choose to go for a 60+ minute session and shoot for 15-30 minutes of cardio here and then scale back a bit on the intensity with the supersets and circuits we'll utilize in the routine (add more breaks), OR you can get a nice 5-10 min walking warm up in and then really bring it for the workout.

Workout:

Superset One:

A. Bent Over DB Rows

4x12

B. Cable Face Pulls

4x12

C. DB Lat Spread

4xFailure (Blowout)

Superset Two:

A. Dumbbell Bicep Curls (Alternating)

3×10

B. Hammer Curls w/ Cable Rope

3×10

C. EZ Bar Bicep Curls (Light)

3×Failure (Blowout)

Superset Three:

A. Lateral Pulldowns on Cable Machine

3×10

B. Straight Arm Pushdown on Cable

3×10

C. Preacher Curls

3×15

Blowout:

3 Rounds For Time:

60 Second Forearm Plank

20 KB Deadlifts

10 Chin Ups

Shah Rukh Khan Workout: Abs and Core

Warm Up:

You have a couple options here. You can choose to go for a 60+ minute session and shoot for 15-30 minutes of cardio here and then scale back a bit on the intensity with the supersets and circuits we'll utilize in the routine (add more breaks), OR you can get a nice 5-10 min walking warm up in and then really bring it for the workout.

Workout:

Superset One:

A. Hanging Leg Raises

4×20

B. V-Ups

4×20

C. L-Sit Hold

4×30 Seconds

Superset Two:

A. Lying Leg Raises

3×25

B. Flutter Kicks

3×30

C. Reverse Superman Hold

3×30 seconds

Superset Three:

A. Weighted Forearm Plank (Plate on Back)

3×60 seconds

B. Push Ups

3×Failure

Blowout:

10 Minute EMOM (Every Minute On The Minute):

Farmers Carry w/ DB, KB or Hex DL Bar (Varied Distance)

15 Second Battle Ropes

Shah Rukh Khan Workout: Shoulders and Traps

Warm Up:

You have a couple options here. You can choose to go for a 60+ minute session and shoot for 15-30 minutes of cardio here and then scale back a bit on the intensity with the supersets and circuits we'll utilize in the routine (add

more breaks), OR you can get a nice 5-10 min walking warm up in and then really bring it for the workout.

Workout:

Superset One:

A. Seated Arnold Press

4x12

B. Seated Shoulder DB Front Raise

4x12

C. Standing Upright Rows w/ Plate

4xFailure (Blowout)

Superset Two:

A. Barbell Shrugs Close Grip

3x10

B. Dumbbell Shrugs

3x10

C. Power Cleans w/ Light Bar or DBs

3xFailure

Superset Three:

A. Military Press Machine

3×10

B. Shoulder Flyes

3×10

C. DB Lat Flyes

3×10

Blowout:

5 Rounds For Time:

20 KB Swings

10 One Arm DB Snatch (each arm)

Shah Rukh Khan Workout: Legs and Calves

Warm Up:

You have a couple options here. You can choose to go for a 60+ minute session and shoot for 15-30 minutes of cardio here and then scale back a bit on the intensity with the supersets and circuits we'll utilize in the routine (add more breaks), OR you can get a nice 5-10 min walking warm up in and then really bring it for the workout.

Workout:

Superset One:

A. Goblet Squats (KB or DB)

4×12

B. Jumping Lunges (Not Weighted)

4×12 each leg

C. Wall Sits

4×Failure (Blowout)

Superset Two:

A. Leg Press

3×10

B. Calf Raise on Leg Press

3×10

C. Seated or Standing Calf Raise

3×10

Superset Three:

A. Bulgarian Split Squats

3×10

B. Glute Bridges

3×10

C. Box Jumps or Jump Squats

3×20

Blowout:

10 Minute EMOM (Every Minute On The Minute):

10 Wall Balls

5 DB Straight Leg DL