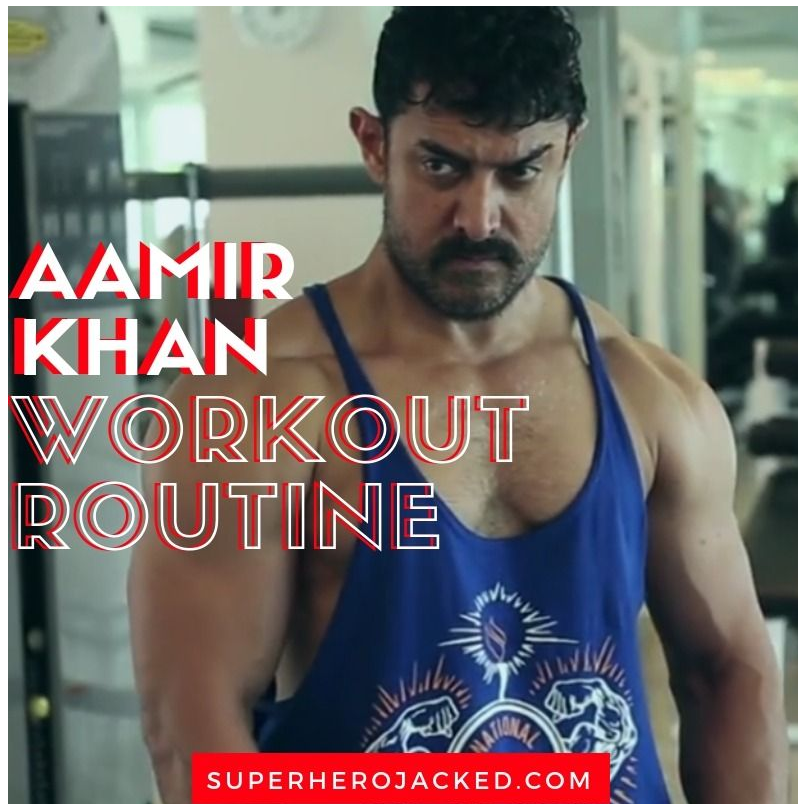


AAMIR KAHN WORKOUT ROUTINE



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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AAMIR KAHN WORKOUT ROUTINE

Training Volume:

5 days per week

Explanation:

Aamir Khan takes his training, diet, abs and rest very seriously. And I snuck abs in there because we're going to be devoted a full day to abs! Yes, you read that right. Get ready. Because this is a first for SHJ.

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.

Aamir Khan Workout: Sample Workout Schedule

Monday: Chest and Triceps

Tuesday: Abs and Obliques

Wednesday: Legs and Calves

Thursday: Shoulders and Traps

Friday: Back and Biceps

Saturday: Rest and Recovery

Sunday: Rest and Recovery

Aamir Khan Workout: Chest and Triceps

Warm Up:

10 Minute Incline Walk

Workout:

Barbell Bench Press

4×8-12

Barbell Incline Bench

4×8-12

Incline DB Flyes

4×8-12

Dumbbell Pullovers

4×8-12

Cable Presses

4×8-12

Standing Overhead Extensions

4×8-12

Aamir Khan Workout: Abs and Obliques

Warm Up:

10 Minute Incline Walk

Workout:

Hanging Leg Raises

4×15-25

Cable Crunches

4×15-25

Sit Ups w/ Twist

4×15-25

Forearm Planks

4×60 seconds

Side Planks

4×30 seconds each side

Russian Twists w/ Plate or KB

4×15-25

Aamir Khan Workout: Legs and Calves

Warm Up:

10 Minute Incline Walk

Workout:

Barbell Back Squat

4×8-12

Barbell Lunges

4×8-12 (total)

Leg Curl Machine

4×8-12

Standing Calf Raises

4×8-12

Leg Press Machine

4×8-12

Standing Toe Raises (for Calves)

4×8-12

Aamir Khan Workout: Shoulders and Traps

Warm Up:

10 Minute Incline Walk

Workout:

Seated DB Overhead Press

4x8-12

Bent Over Shoulder Raises

4x8-12

Dumbbell Shrugs

4x8-12

Lateral DB Raises

4x8-12

Barbell Upright Rows

4x8-12

Barbell Shrugs

4x8-12

Aamir Khan Workout: Back and Biceps

Warm Up:

10 Minute Incline Walk

Workout:

Lateral Pulldowns

4×8-12

Cable Seated Rows

4×8-12

T-Bar Rows

4×8-12

Preacher Curls

4×8-12

Wrist Curls

4×8-12

One Arm Dumbbell Rows

4×8-12 each arm