

MATT BOMER WORKOUT ROUTINE



Bonus PDF File
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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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MATT BOMER WORKOUT ROUTINE

Training Volume:

5 days per week

Explanation:

I'm going to be giving you the exact Chest Day that was shared in *Muscle and Fitness*, and then I'll be building you the rest of the week based on that platform that was shared with us.

Perform the exercises marked "A," "B," and "C" in sequence: You'll do one set of each, and rest only after C. The remaining exercises are done as straight sets.

Important training note:

For exercises 1A through 2C, take four seconds to lower the weight and four to raise it up. On exercise 3, take three seconds on each phase of the rep.

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.

Matt Bomer Workout: Sample Workout Routine Schedule

Monday: Chest and Tricep Day

Tuesday: Legs, Calves and Core Day

Wednesday: Cardio and Recovery Day

Thursday: Shoulders, Traps and Core Day

Friday: Back and Biceps Day

Saturday: Off Day

Sunday: Off Day

Matt Bomer Workout: Chest and Tricep Day

Warm Up:

Walk 10 Minutes on an Incline

Workout:

Superset/Triset One:

1A: Bench Press

5×10

Rest: 0 Seconds

1B: Dumbbell Bench Press

5×10

Rest: 0 Seconds

1C: Pushups

5×10

Rest: 60 seconds

Superset/Triset Two:

2A: Incline Dumbbell Press

5×10

Rest: 0 Seconds

2B: Dumbbell Flye

5×10

Rest 0 Seconds

2C: Decline Dumbbell Bench Press

5×10

Rest: 60 Seconds

More Accessory:

Incline Bench Press

4×5

Rest: 90 sec.

Close-Grip Bench Press

4×12

Rest: 60 Sec.

Tricep Cable Pushdown

4×10

Rest: 60 Sec.

Bench Dips

3×25

Rest: 60 Sec.

Skull Crusher on Bosu Ball

3×12

Rest: 60 sec.

Matt Bomer Workout: Legs, Calves and Core Day

Warm Up:

Walk 10 Minutes on an Incline

Workout:

Superset/Triset One:

1A: Goblet Squat

5×10

Rest: 0 Seconds

1B: Split Squat

5×10

Rest: 0 Seconds

1C: Jumping Lunge

5×10

Rest: 60 seconds

Superset/Triset Two:

2A: Dip Machine Leg Pushdown

5×10

Rest: 0 Seconds

2B: Cable Pullthrough

5×10

Rest 0 Seconds

2C: Weighted Step Up

5×10

Rest: 60 Seconds

More Accessory:

Front Squat

4×5

Rest: 90 sec.

Seated Calf Raises

4×12

Rest: 60 Sec.

Leg Press

4×10

Rest: 60 Sec.

Calf Raise on Leg Press

3×25

Rest: 60 Sec.

Hanging Leg Raises

3×12

Rest: 60 sec.

Matt Bomer Workout: Cardio and Recovery Day

We're revolving around training around a regular 4 day split, but you have a couple options here.

You can choose to get active with some sports, classes, or even just something outdoors like a hike; or you can add in some added cardio to really cut that fat.

Here's some options of varied cardio you can utilize for a 45-60 minute session:

- Treadmill
- StairMaster
- Elliptical
- Rower

Matt Bomer Workout: Shoulder, Traps and Core Day

Warm Up:

Walk 10 Minutes on an Incline

Workout:

Superset/Triset One:

1A: Overhead Press

5×10

Rest: 0 Seconds

1B: Upright Rows

5×10

Rest: 0 Seconds

1C: Standing Front Raises

5×10

Rest: 60 seconds

Superset/Triset Two:

2A: Kettlebell Swings

5×10

Rest: 0 Seconds

2B: Single Arm DB Snatches

5×10

Rest 0 Seconds

2C: Plank to Push Ups

5×10

Rest: 60 Seconds

More Accessory:

Seated DB Press

4x5

Rest: 90 sec.

Barbell Shrugs

4x12

Rest: 60 Sec.

Hang Cleans

4x10

Rest: 60 Sec.

Sit Ups

3x25

Rest: 60 Sec.

Cable Crunches

3x12

Rest: 60 sec.

Matt Bomer Workout: Back and Bicep Day

Warm Up:

Walk 10 Minutes on an Incline

Workout:

Superset/Triset One:

1A: Deadlift

5×10

Rest: 0 Seconds

1B: Bent Over BB Rows

5×10

Rest: 0 Seconds

1C: Chin-Ups

5×10

Rest: 60 seconds

Superset/Triset Two:

2A: Pulldown Machine

5×10

Rest: 0 Seconds

2B: Straight Arm Pulldown Cable

5×10

Rest 0 Seconds

2C: Wide Push Ups

5×10

Rest: 60 Seconds

More Accessory:

Single Arm DB Rows

4×5

Rest: 90 sec.

Wide Grip Lateral Pulldowns

4×12

Rest: 60 Sec.

Preacher Curls

4×10

Rest: 60 Sec.

Hammer Curls w/ Cable Rope

3×25

Rest: 60 Sec.

Concentration Curls

3×12

Rest: 60 sec.