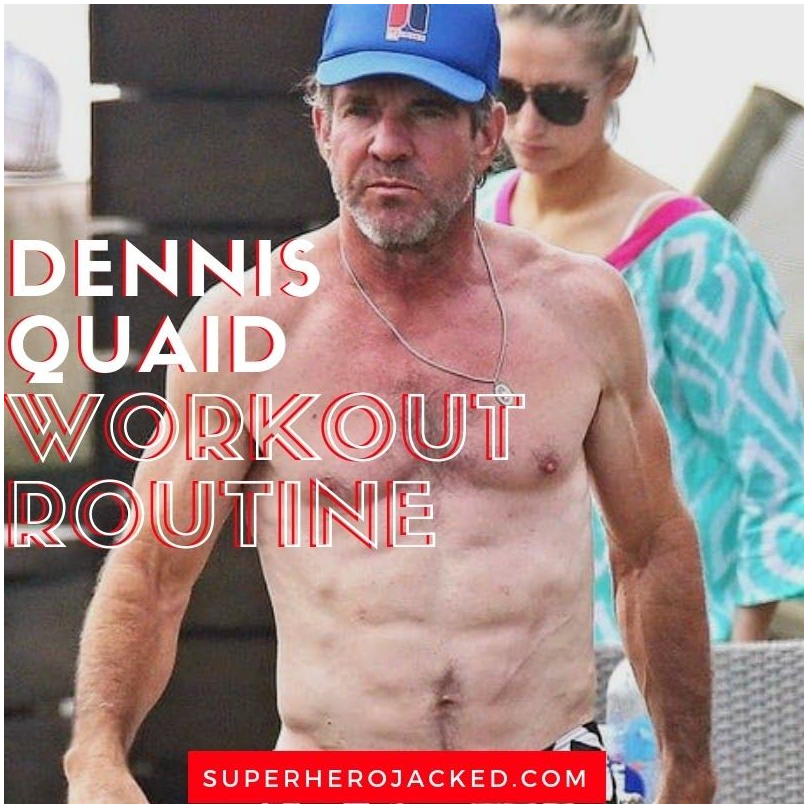
DENNIS QUAID WORKOUT ROUTINE



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.

DENNIS QUAID WORKOUT ROUTINE

Training Volume:

3-5 days per week

Explanation:

For this one we're going to be mainly working with cycling (or if you'd like to sub running like Quaid did the majority of his life) and yoga. I'll also be building you two workout routines that can be utilized in a gym (one upper body focus and one lower body focus) so that you can also build this into your routine. Quaid does mention the fact that you still have to get in there and get it done; although, it's not the priority or main basis of his workout routine.

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.

Dennis Quaid Workout: Sample Schedule

Monday: Cycling [or Running]

Tuesday: Yoga or Upper Body Training

Wednesday: Cycling [or Running]

Thursday: Yoga or Lower Body Training

Friday: Long Distance Cycling

Saturday: Rest Day

Sunday: Rest Day

Dennis Quaid Workout: Cycling [or Running]

On two days a week you're going to be training with a moderate amount of cycling and/or running, but then we'll scale it up to a long distance variation on Friday.

Here's how you'll do it (to keep it nice and simple for you):

Regular Cycling Days: 60 Minutes of Biking (or Running)

Long Distance Cycling Days: 120 Minute of Biking (or Running)

If you'd like to step it up a notch you can turn your "Regular" Cycling Days into aerobic concentrated training days and use High Intensity Interval Training variations in order to vary your biking in and out of higher intensity; changing your RPMs and Level of Intensity (difficulty level) every minute, or few minutes, for 45-60 minutes.

Dennis Quaid Workout: Yoga

SHJ Yoga Resources:

Feel free to utilize our yoga resources inside The Academy, random YouTube videos, or even some of these articles:

- Different Yoga Styles: An Overview to Superhuman Yoga Training
- 11 Yoga Poses for Beginners
- What You Need To Know Before Starting Yoga

- Why Do People Do Yoga? Top Reasons Why You Should Incorporate It Into Your Routine

Dennis Quaid Workout: Upper Body Training

Warm Up:

10-20 Minute Incline Walk

Workout:

Incline Chest Press

3×10

Overhead Press

3×10

Tricep Kickbacks

3×10 each arm

DB Bicep Curls

3×10 each arm

Push Ups

3×30

Sit Ups

3×25

Hanging Knee Raises

3×25

Dennis Quaid Workout: Lower Body Training

Warm Up:

10-20 Minute Incline Walk

Workout:

Squats (Back, Front, Goblet, Landmine, etc)

3×10

Dumbbell Deadlifts

3×10

Leg Press

3×10

Walking Weighted Lunges

3×10 each leg

Seated Calf Raises

3×20

Cable Crunches

3×25

Lying Leg Raises

3×25