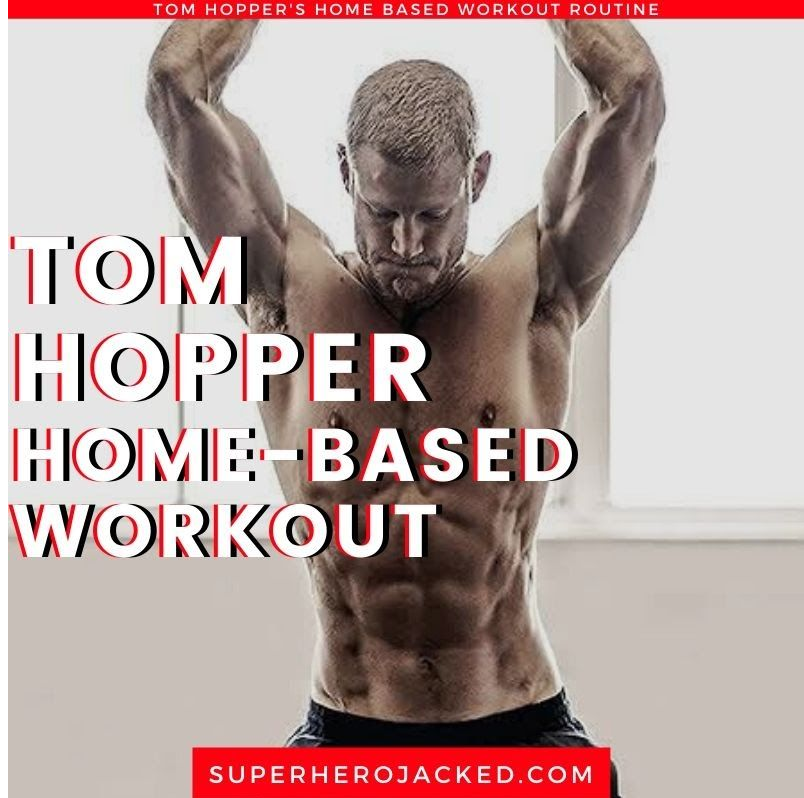


TOM HOPPER WORKOUT ROUTINE

TOM HOPPER'S HOME BASED WORKOUT ROUTINE



TOM
HOPPER
HOME-BASED
WORKOUT

SUPERHEROJACKED.COM



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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TOM HOPPER WORKOUT ROUTINE

Training Volume:

One Day Worth of Training [That Can Be Repeated]

Explanation:

Tom Hopper shared his home quarantine workout with *Men's Health* recently, and his wife jumped in and subbed out some of the movements. You can use this multiple times a week, but I suggest throwing it in every once in a while with some of the other recent circuits we've seen from celebrities (which can be found in [The Workout Database](#)).

Training Duration:

9 Total Rounds Descending and then Ascending with your Man-Makers!

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.

The Workout:

Complete with No Rest Time

(Descending -> Ascending w/ Man-Maker Total 5-1-5)

Man-Makers x 5 reps

Ball Slams x 10 reps

30 Seconds of Battle Ropes

Man-Makers x 4 reps

Ball Slams x 10 reps

30 Seconds of Battle Ropes

Man-Makers x 3 reps

Ball Slams x 10 reps

30 Seconds of Battle Ropes

Man-Makers x 2 reps

Ball Slams x 10 reps

30 Seconds of Battle Ropes

Man-Makers x 1 rep

Ball Slams x 10 reps

30 Seconds of Battle Ropes

Man-Makers x 2 reps

Ball Slams x 10 reps

30 Seconds of Battle Ropes

Man-Makers x 3 reps

Ball Slams x 10 reps

30 Seconds of Battle Ropes

Man-Makers x 4 reps

Ball Slams x 10 reps

30 Seconds of Battle Ropes

Man-Makers x 5 reps

Ball Slams x 10 reps