

BRENDAN FRASER 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.

BRENDAN FRASER WORKOUT ROUTINE

Training Volume:

5+ days per week

Explanation:

For this one we're going to be training with an old-school 5 day training regime which we saw Fraser using in one source (which we'll shoot to complete within an hour or so as stated), and then combining it with different variations of athletic training cardio, which Fraser himself mentions taking part in.

Cardio Explanation:

If you cannot complete the designated cardio you can swap it out for 30-60 minutes of other variable cardio options that can be found within other workout routines within our [Workout Database](#).

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.

Brendan Fraser Workout: Sample Schedule

Monday: Chest Day and Hiking

Tuesday: Arm Day and Swimming

Wednesday: Back Day and Parkour

Thursday: Shoulder Day and Mixed Martial Arts

Friday: Leg Day and Running

Saturday: Cardio, Rest or 10K Steps

Sunday: Cardio, Rest or 10K Steps

Brendan Fraser Workout: Chest Day and Hiking

Warm Up:

Get warm with your own methods, or:

Option One:

10 minutes of incline walking

Option Two:

2×50 Jump Rope

2×25 High Knees

2×25 Butt Kickers

Workout:

Bench Press

4×15,12,10,8

Incline Dumbbell Bench Press

3×12

Chest Fly Machine

3×10

Dumbbell Hex Press

3×10

Weighted Dips

3×8

Incline Cable Flyes

3×10

Cardio: Hiking

Whether this is at morning or night, it's time to get out there and hike!

Start slow, but work your way up to 3+ miles of hiking if you want to get in George of the Jungle shape!

Brendan Fraser Workout: Arm Day and Swimming

Warm Up:

Get warm with your own methods, or:

Option One:

10 minutes of incline walking

Option Two:

2×50 Jump Rope

2×25 High Knees

2×25 Butt Kickers

Workout:

Preacher Curls

4×15,12,10,8

Skull Crushers

4×15,12,10,8

Seated Alternating Dumbbell Curls

3×10

Seated Overhead Tricep Extension with Dumbbell

3×10

Dumbbell Hammer Curls

3×10

Cable Kickbacks

3×10

Cardio: Swim

Again, this can be performed at any point in your training, although I'm sure many of you will do it right there in an accessible pool at your gym (if that exists).

For this one I recommend utilizing the swimming protocol we generally share right from [Speedo!](#)

Brendan Fraser Workout: Back Day and Parkour

Warm Up:

Get warm with your own methods, or:

Option One:

10 minutes of incline walking

Option Two:

2×50 Jump Rope

2×25 High Knees

2×25 Butt Kickers

Workout:

Deadlift

4×15,12,10,8

Wide Grip Lateral Pulldowns

3×12

Chin Ups

3×10

Single Arm Hammer Strength Rows

3×10

Barbell Shrugs

3×8

Straight Arm Cable Pulldown

3×10

Cardio: Parkour

For this one we have just the thing. Choose from some of our parkour training options!

Parkour Resources:

- [The Nightrunner Parkour Workout Routine](#)
- [The Assassin's Creed Parkour Workout Routine](#)

- [The Robbie Amell Parkour Workout Routine](#)

Brendan Fraser Workout: Shoulder Day and Mixed Martial Arts

Warm Up:

Get warm with your own methods, or:

Option One:

10 minutes of incline walking

Option Two:

2×50 Jump Rope

2×25 High Knees

2×25 Butt Kickers

Workout:

Overhead Press

4×15,12,10,8

Dumbbell Shoulder Flyes

3×12

Light Seated Dumbbell Front Raises

3×10

Single Arm Dumbbell Snatches

3×10

Barbell Hang Cleans

3×8

Kettlebell Swings

3×10

Cardio: Mixed Martial Arts

For this one we have just the thing. Choose from some of our MMA training options!

Mixed Martial Arts Resources:

- [Deathstroke Workout Routine](#)
- [Daredevil Workout Routine](#)
- [Moon Knight Workout Routine](#)
- [Sagat Workout Routine](#)
- [Anna Diop Workout Routine and Diet Plan](#)
- [Frank Grillo Workout Routine and Diet Plan](#)
- [Ryan Potter Workout Routine and Diet Plan](#)

Brendan Fraser Workout: Leg Day and Running

Warm Up:

Get warm with your own methods, or:

Option One:

10 minutes of incline walking

Option Two:

2×50 Jump Rope

2×25 High Knees

2×25 Butt Kickers

Workout:

Back Squats

4×15,12,10,8

Leg Press

3×12

Seated Calf Raises

3×10

Straight Leg Deadlift

3×10

Hamstring Curls

3×10

Seated Leg Extension

3×10

Cardio: Running

For your running days I would recommend scaling up as best you can.

Here's the formatting I would utilize:

Beginner: 1-3 miles

Intermediate: 3-5 miles

Advanced: 5+ miles