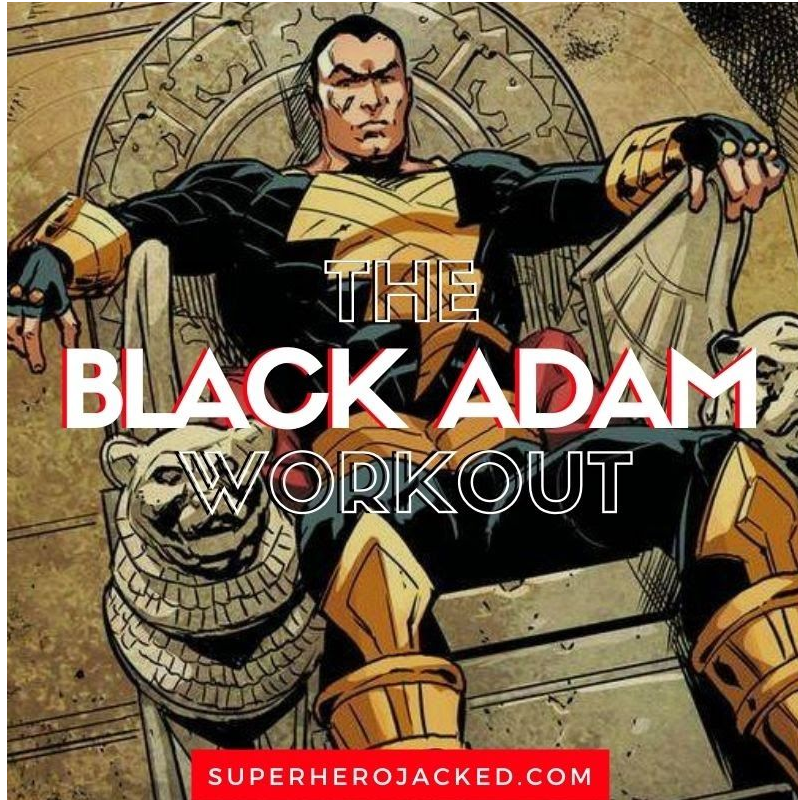


THE BLACK ADAM WORKOUT ROUTINE



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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THE BLACK ADAM WORKOUT ROUTINE

Training Volume:

6 days per week

Explanation:

We're dealing with Black Adam. We need to be massive, strong, and extremely powerful. For that reason we'll be working with a 6 day split that puts strength first and endurance secondary as the priorities and goals. This is high volume, so feel free to cut and scale where needed.

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.

Black Adam Workout: Sample Workout Schedule

Monday: Chest and Endurance Work

Tuesday: Biceps and Endurance Work

Wednesday: Legs and Endurance Work

Thursday: Shoulders and Endurance Work

Friday: Back and Endurance Work

Saturday: Triceps and Endurance Work

Sunday: Rest Day

Black Adam Workout: Chest and Endurance Work

Workout:

Barbell Bench Press

4×12, 10, 8, 5

Incline Dumbbell Press

4×12

Cable Crossovers

4×12

Hex Press

4×12

Weighted Dips

4×10

Push Ups

4×20

Endurance Work:

30-60 Minute Varied Cardio

This can be completed with any format you prefer and it can be done before or after your workout.

Black Adam Workout: Biceps and Endurance Work

Workout:

Preacher Curls

4x12, 10, 8, 5

Dumbbell Hammer Curls

4x12

Spider Curls

4x12

Overhead Cable Curls

4x12

Zottman Curls

4x12

Chin Ups

4×10

Endurance Work:

30-60 Minute Varied Cardio

This can be completed with any format you prefer and it can be done before or after your workout.

Black Adam Workout: Legs and Endurance Work

Workout:

Back Squats

4×12, 10, 8, 5

Seated Calf Raises

4×12

Dumbbell Weighted Lunges

4×12

Leg Press

4×12

Crossed Arm Front Squat

4×12

Cable Pullthroughs

4×12

Endurance Work:

30-60 Minute Varied Cardio

This can be completed with any format you prefer and it can be done before or after your workout.

Black Adam Workout: Shoulders and Endurance Work

Workout:

Barbell Overhead Press

4×12, 10, 8, 5

Single Arm Cable Front Raises

4×12

Hang Cleans (Barbell)

4×12

Barbell Shrugs

4×12

Rear Delt Cable Raise

4×12

Light Upright Rows

4×12

Endurance Work:

30-60 Minute Varied Cardio

This can be completed with any format you prefer and it can be done before or after your workout.

Black Adam Workout: Back and Endurance Work

Workout:

Barbell Deadlift

4×12, 10, 8, 5

Wide Grip Lateral Pull Downs

4×12

Close Grip Lateral Pull Downs

4×12

Reverse Cable Crossovers

4×12

Hammer Strength Rows

4x12

Wide Grip Pull Ups

4x10

Endurance Work:

30-60 Minute Varied Cardio

This can be completed with any format you prefer and it can be done before or after your workout.

Black Adam Workout: Triceps and Endurance Work

Workout:

Close Grip Bench

4x12, 10, 8, 5

Overhead Tricep Extension

4x12

Tricep Dips

4x1

Tricep Push Downs

4×12

Skull Crushers

4×12

Cable/Dumbbell Kickbacks

4×12

Endurance Work:

30-60 Minute Varied Cardio

This can be completed with any format you prefer and it can be done before or after your workout.