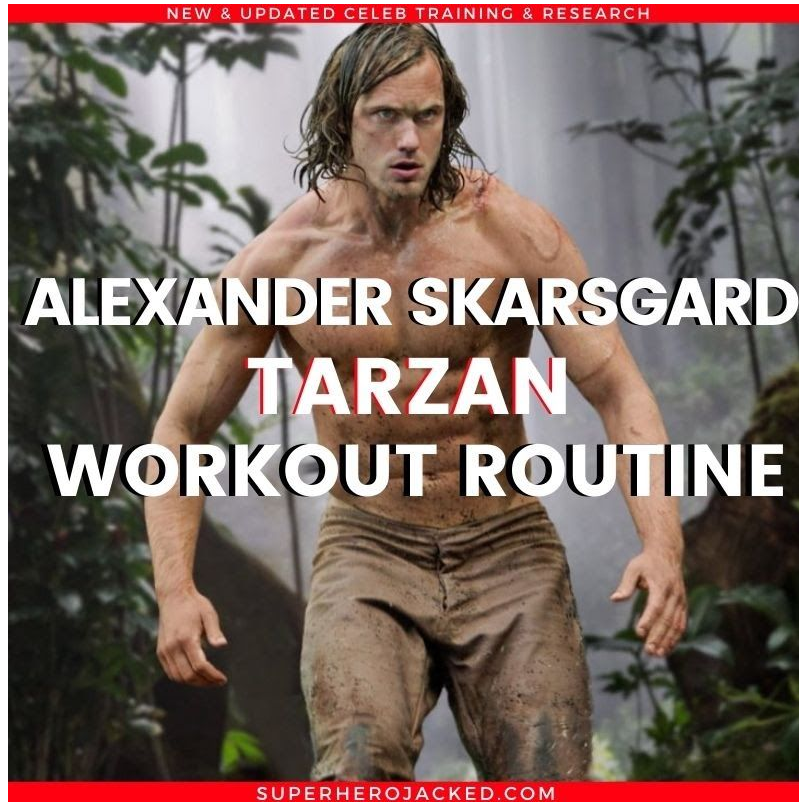


# ALEXANDER SKARSGARD TARZAN



## 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.

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.

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# **ALEXANDER SKARSGARD TARZAN WORKOUT ROUTINE**

**Training Volume:**

4 days per week

**Explanation:**

This one is a four day split that involves taking a rest day in between each lifting day to ensure muscle growth and strength building.

### **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.

## **Alexander Skarsgard Tarzan Workout Routine: Sample Schedule**

**Monday:** Lower Body Training

**Tuesday:** Rest Day

**Wednesday:** Chest and Front Delt Work

**Thursday:** Rest Day

**Friday:** Back and Rear Delt Work

**Saturday:** Rest Day

**Sunday:** Arms

## **Alexander Skarsgard Tarzan Workout Routine: Lower Body Training**

Barbell Squats

4×12,10,8,6 Pyramid Training

Barbell Deadlift

4×8-10

Leg Press

3×12

Skaters

3×30

Frog Jumps

3×10

## **Alexander Skarsgard Tarzan Workout Routine: Chest and Rear Delt Work**

Barbell Bench Press

4×12,10,8,6 Pyramid Training

Incline Barbell Bench Press

4×10

Cable Flyes

3×10

Seated Overhead Dumbbell Press

3×10

Push Ups

3×20

Burpees

3×10

## **Alexander Skarsgard Tarzan Workout Routine: Back and Rear Delt Work**

Push Ups

4×Failure

Seated Cable Rows with V Handle

4×10

Neutral Grip Alternating Dumbbell Rows

3×10

Cable Woodchops

4×10 each side

Dumbbell Rear Delt Raises

4×15

Dumbbell Lateral Raises

4×15

## **Alexander Skarsgard Tarzan Workout Routine: Arms**

Alternating Dumbbell Bicep Curls

4×8

EZ Bar Curls

4×10

Barbell Tricep Extensions (Lying)

4×10

Overhead Cable Rope Extensions

4×10

Cable Bicep Curls

3×10

Cable Pressdowns

3×10

