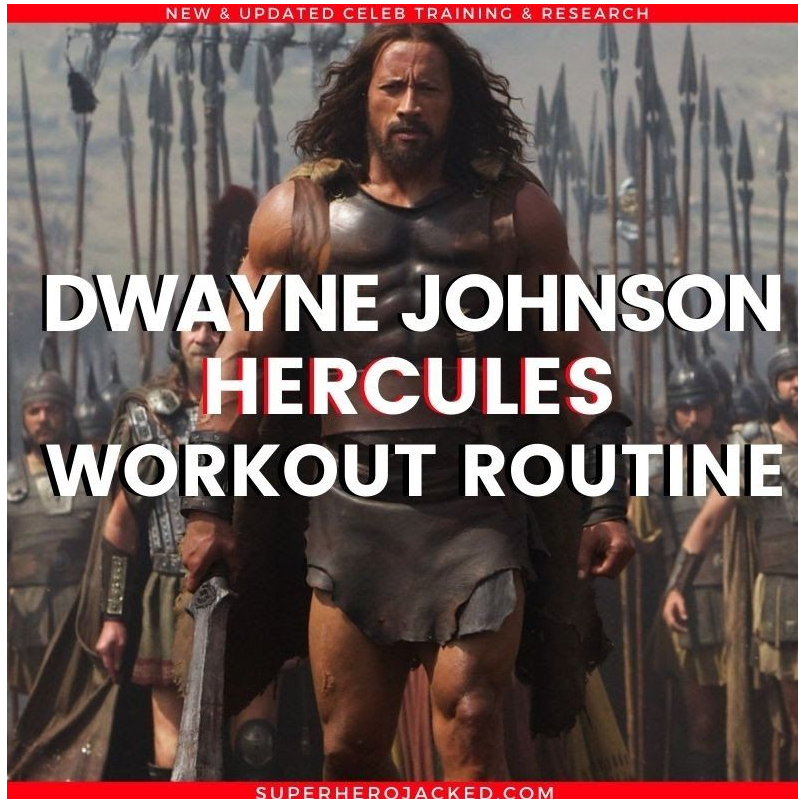


DWAYNE JOHNSON HERCULES WORKOUT ROUTINE



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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STEPHEN AMELL CALISTHENICS WORKOUT ROUTINE

Training Volume:

5 days per week

Explanation:

This is the actual workout routine Dwayne Johnson used to get into Hercules shape. Obviously, as we know here at SHJ, celebs routines change often depending on their goals, so we also have our initial Dwayne Johnson Workout Routine and Diet Plan as well; but expect to see much more here from The Rock!

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.

Dwayne Johnson Hercules Workout Routine: Sample Schedule

Monday: Chest and Upper Body

Tuesday: Leg and Calves

Wednesday: Back and Traps

Thursday: Shoulders and Upper Body

Friday: Biceps and Triceps

Saturday: Off Day

Sunday: Off Day

Dwayne Johnson Hercules Workout Routine: Chest and Upper Body

Warm Up:

30-60 Minutes of Varied Cardio

Workout:

Incline Barbell Bench Press

4x12,10,8,6

Flat Bench Dumbbells

4x12

Flat Bench DB Fly

3x12

Superset:

Cable Crossovers

A. 3×15

Dips

B. 3×Failure

Dwayne Johnson Hercules Workout Routine: Legs and Calves

Warm Up:

30-60 Minutes of Varied Cardio

Workout:

Leg Extensions

4×25

Hack Squat Machine

4×12

Romanian Deadlifts

4×12

Lying Leg Curls

4×12

Standing Calf Raises

4×75

Seated Calf Raises

5×50

Superset:

A. Leg Press

4×50

B. Walking Lunges

40 Steps

Dwayne Johnson Hercules Workout Routine: Back and Traps

Warm Up:

30-60 Minutes of Varied Cardio

Workout:

Pull Ups

4×Failure

One Arm DB Row

4×12,10,8,8

Hammer Strength Two Arm Row

4×10

Close Grip Pulldowns

3×12

Cable Row w/ Double Drop Set on Every Set

3×12

DB Shrugs – Hold 15 Sec on Final Rep of Each Set

4×12

Superset:

A. Rope Pullovers

3×15

B. Rope High Row

3×15

Dwayne Johnson Hercules Workout Routine: Shoulders and Upper Body

Warm Up:

30-60 Minutes of Varied Cardio

Workout:

Hammer Strength Shoulder Press

4×12, 10, 10, 8

Seated DB Shoulder Press

3×10

Standing Side Lateral Raises w/ Triple Drop Set on Each Set

4×12-12-12-12

One Arm Cable Side Lateral Raises

3×20

Reverse Fly Machine

4×12

Bent Over Lateral Raise

4×10

Dwayne Johnson Hercules Workout Routine: Biceps and Triceps

Warm Up:

30-60 Minutes of Varied Cardio

Tri-Set A:

A. Preacher Curls with EZ Bar

4×12

B. Standing BB Curl with EZ Bar

4×12

C. Dumbbell Curls

4×12

Tri-set B:

A. Rope Pushdowns

4×12

B. Rope Overhead Extension

4×12

C. Tricep Dips to Failure

4×Failure