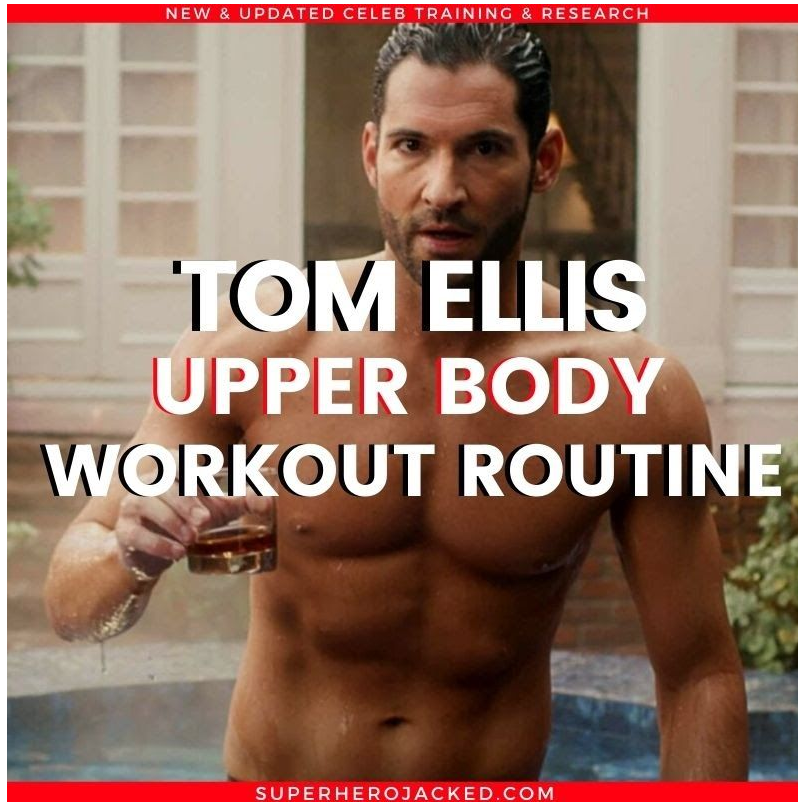


TOM ELLIS UPPER BODY WORKOUT ROUTINE



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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TOM ELLIS UPPER BODY WORKOUT ROUTINE

Training Volume:

One Day of Training

(To Be Repeated)

Explanation:

Ellis works out 5-6+ days a week to prepare for his role. If you want the full training you can find it here. These are just four movements that Ellis and his trainer Mascitti have been prioritizing this time around, with rep scheme included for you guys to utilize in your own upper body training!

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.

Tom Ellis Upper Body Workout Routine

Standing Barbell Military Press

4×8

Seated Dumbbell Overhead Press

4×8

Standing Dumbbell Lateral Raises

4×12

Dumbbell Bentover Reverse Flyes

4×10