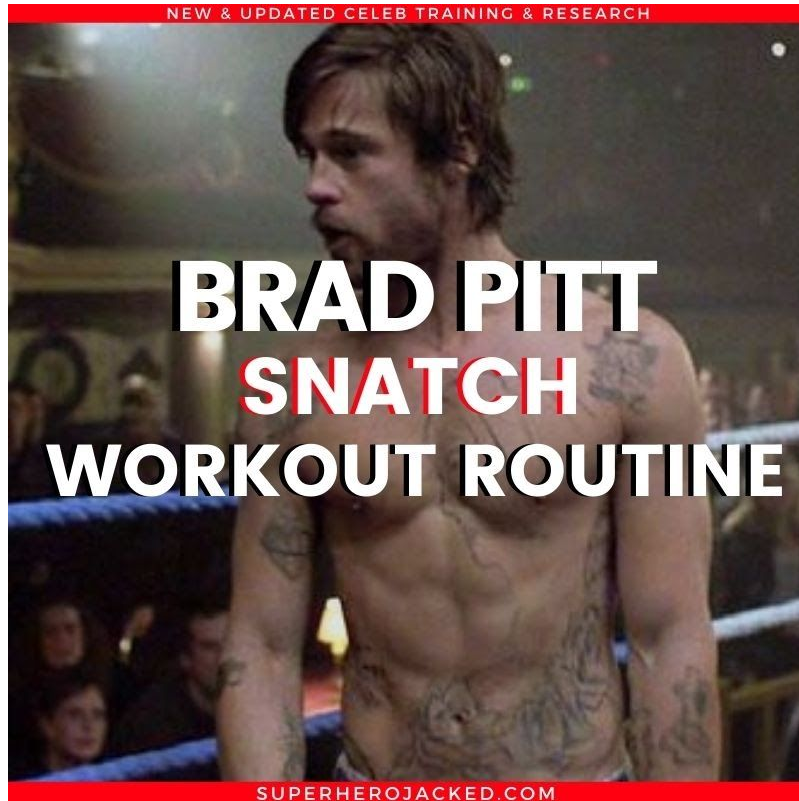


BRAD PITT SNATCH WORKOUT ROUTINE



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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BRAD PITT SNATCH WORKOUT ROUTINE

Training Volume:

One Workout

(To Be Repeated)

Check out [Johnny Lee Miller's Workout](#) to see a schedule of how often you can utilize these boxing style workouts on a weekly basis.

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.

Brad Pitt *Snatch* Workout Routine

Instructions (from *Men's Journal*):

“Perform the drills below in standard boxing rounds: work for 3 minutes, rest for 1 minute. Start with 3 rounds per move, then build up to 5. The best way to become well-versed in these drills is to find a good boxing or MMA gym in your area, but you can also do these drills on your own with a partner.”

The Drills:

Jump Rope

Speed Bag

Double-End Bag

Focus Mitts

Heavy Bag

Body Cushion

Shadow Boxing